

BREAST CANCER SCREENING AWARENESS



What is cancer screening?

- Cancer screening (getting checked for cancer) is testing done on people who have a chance of getting cancer, but who have no symptoms and generally feel fine.
- Getting checked regularly with mammography (a type of X-ray) is important because it can find cancer early when it is less likely to have spread to other parts of the body.

Who should get checked?

- Women, as well as Two-Spirit, trans and nonbinary people ages 50 to 74 every 2 years.
- People ages 30 to 69 who are at high risk of getting breast cancer every year.
- Women, Two-Spirit, trans, and nonbinary people ages 40 to 49 have a conversation with a health care provider regarding the risks and benefits of screening, as well as their values and preferences, to determine if screening is right for them.
- My CancerIQ, designed by Cancer Care Ontario (CCO), is a [website](#) that helps you understand your risk for cancer and what you can do to help lower that risk.

Scan to access the Cancer Care Ontario Website:

How do I get checked?

- The Ontario Breast Screening Program provides breast screening throughout Ontario to eligible people. Wait times per site can be found at <https://www.ontariohealth.ca/public-reporting/wait-times>.
- Please contact your family doctor or nurse practitioner for more information.
- If you do not have a family doctor or nurse practitioner, you can call Health Connect Ontario at **811 (TTY: 1-866-797-0007)**
- For breast cancer screening, you may also contact your Ontario Breast Screening Program site directly. To find a site, call **1.800.668.9304** or visit cancercareontario.ca/obsplocations.
- For more information on breast screening, visit www.cancercareontario.ca/breast,

Or scan:

