



NOVA SCOTIA BREAST SCREENING PROGRAM

WHO SHOULD GET A MAMMOGRAM?

Current guidelines recommend mammography every 2-3 years for females aged 50-74 who have no increased risk factors such as:

- family history (mother, sister, daughter, father, brother, son)
- evidence of high risk, such as genetic predisposition or radiation therapy to chest wall

If you have any of the risk factors noted above talk to your health care provider about how often you should be screened for breast cancer.

Please talk to your health care provider if you are between the ages of 40-49 and 75+ to see if screening is right for you. If you choose to be screened, you can contact the Nova Scotia Breast Screening Program directly to book an appointment.

Women who are breast cancer survivors, have breast implants or have a new breast symptom need to see their health care provider about being referred for a mammogram.

WHAT DO I NEED TO BOOK AN APPOINTMENT?

To ensure you're booked for the appropriate appointment, you'll be asked questions concerning your age, address, date of birth, provincial health card number, and previous breast health history including any previous mammograms.



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WHAT DOES THE PROGRAM PROVIDE?

- Notification of screening results mailed to the client and their health care provider
- Recommendations and appointments for additional diagnostic imaging, if required
- Reminder postcards and phone calls about upcoming appointments
- Access to a Patient Navigator to answer any questions

Mammography increases the chances of early detection of breast cancer.

Women can experience both a false positive, creating unnecessary worry, as well as a false negative, leading to false reassurance.

BE BREAST AWARE: see your health care provider about any new breast symptoms even if you have recently had a normal mammogram.

TO BOOK ANYWHERE IN NOVA SCOTIA:

902-473-3960 (local)
1-800-565-0548 (toll free)
breastscreening.nshealth.ca

HAVE YOUR HEALTH CARD READY

