

BE BREAST AWARE. KNOW YOUR NORMAL.

We encourage everyone to look and feel for changes in their own breasts, but mammograms are still the most reliable method for increasing the chances of early detection of breast cancer.

Talk to your health care provider to see if screening is right for you.

**To book anywhere
in Nova Scotia:**

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

