

BREAST CANCER
CAN AFFECT YOU OR A LOVED ONE.
THAT'S WHY REGULAR SCREENING
IS IMPORTANT—IT HELPS FIND
CANCER EARLY, WHEN TREATMENT
IS MOST EFFECTIVE.

Breast cancer happens when abnormal cells grow out of control in your breast tissues, and it can be found anywhere in the breast or armpit area.

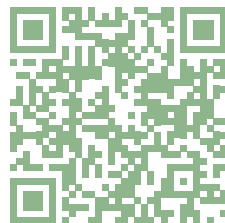
The most common way to screen for breast cancer is with a mammogram, which is an X-ray of the breast.

The test takes about 20 minutes and is done in private with a trained mammography technologist.

Mammograms can detect changes before you or your doctor notice anything unusual.

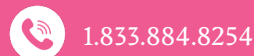
Being screened regularly helps track changes over time, improving the chances of early detection and successful treatment.

For more information and resources on Mi'kmaq cancer care, visit:
www.mhwns.ca/programs
or scan the QR code below



BREAST CANCER Screening Mammogram

This brochure is adapted from a resource created by the Union of Nova Scotia Mi'kmaq. Production of this brochure has been made possible through collaboration and financial support from the Canadian Partnership Against Cancer Corporation and Health Canada. The views expressed herein do not necessarily represent the views of Health Canada or the Canadian Partnership Against Cancer.



CURRENT SCREENING RECOMMENDATIONS

- **Individuals 40 to 49:** every year
- **Individuals 50 to 74:** every 2 years
- **Individuals 75+:** if you are in good health, continue screening every 2 years

ANNUAL SCREENING RECOMMENDED IF:

- You have a strong family history of breast cancer
- You have high breast density (category D)
- A radiologist recommends more frequent screening

SCREENING FOR MEN AND TRANS, GENDER-DIVERSE, AND NON-BINARY PEOPLE

Routine screening is not typically required for those assigned male at birth, as breast cancer is rare in this group.

Breast screening is available but may look different if you are a trans man, trans woman, gender-diverse, or non-binary.

Scan the QR code to view guidelines for trans, gender-diverse, and non-binary people.



HOW TO BOOK A MAMMOGRAM

You can book a mammogram without a referral if you:

- Are a Canadian resident with a valid provincial health card
 - Are 40 years or older
 - Do not have breast implants
 - Have no new breast symptoms
- Have not had a mammogram for at least one year

Your healthcare provider can also refer you - ask them about it today!

If you notice a lump or any breast changes, see a health care professional right away - no matter your gender!



DID YOU KNOW?

A mobile mammogram bus might be coming to your area.

Ask your Health Centre if the mammogram bus is available in your community or nearby.

EARLY DETECTION SAVES LIVES!

For more information or assistance, contact your community's Health Centre.

You can also visit:

www.nsbreastscreening.ca
or scan the QR code below.

