Canadian Breast Cancer Foundation
PRAIRIES • NWT

**Canadian Breast Cancer Foundation**

**INFO ON THE GO**

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## Saskatchewan Screening Program for Breast Cancer (SPBC) Guidelines

As a woman, it is never too early to know your breasts, and what looks and feels normal for you. If you notice any unusual changes, contact your health care provider right away.

### Women who are age

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-49</td>
<td>Talk to your health care provider about your risk of breast cancer, and the risks and benefits of mammograms. If you and your doctor decide a mammogram is required, they will refer you to a medical imaging centre. Talk about having your breasts examined as part of your regular health check up.</td>
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<tr>
<td>50-69</td>
<td>You will receive a letter from the SPBC every two years inviting you to make an appointment for a screening mammogram. A doctor’s referral is not required. Women should have a yearly screening mammogram if they have a family history of breast cancer.</td>
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<tr>
<td>70-73</td>
<td>Invitation letters will continue to be sent out during this time.</td>
</tr>
<tr>
<td>74+</td>
<td>Can continue to benefit from regular screening mammograms. Talk to your health care provider.</td>
</tr>
</tbody>
</table>

To make an appointment at the location nearest you call **1.855.584.8228**.

A mobile bus is available for rural communities and northern Saskatchewan locations for your convenience.

For more info, visit [www.cbcf.org/prairies](http://www.cbcf.org/prairies).

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BREAST HEALTH IS IN YOUR HANDS

These five simple actions can help reduce your risk of breast cancer.

1. GET ACTIVE
2. LIMIT ALCOHOL
3. EAT WELL
4. DON’T SMOKE
5. TAKE CARE