

What you should know about breast cancer screening-FR

What is breast cancer?

Breast cancer is cancer that is found in the breast. It starts in the cells that line the ducts (tubes that carry milk) or the lobules (glands that make milk) of the breast.

Breast cancer is one of the most diagnosed cancers in Ontario. However, more people in Ontario survive breast cancer than almost every other cancer.

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.

The Ontario Breast Screening Program (OBSP) is a province-wide screening program that aims to lower deaths from breast cancer through regular screening.

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. Treatment may also have a better chance of working when breast cancer is found early.

Who should get checked for breast cancer?

The OBSP checks 2 groups of people: those at average risk of getting breast cancer and those at high risk of getting breast cancer.

Average risk: The OBSP recommends that most women, as well as trans and nonbinary people ages 50 to 74 who qualify for the program get checked with mammography every 2 years.

People in Ontario are eligible if they:

- Have no breast cancer symptoms *
- Have not had breast cancer
- Do not have breast implants
- Have not had a mastectomy (surgery to remove one or both breasts)
- Have not had a screening mammogram in the last 11 months

* If you notice changes in your breasts or have any concerns, please see your family doctor or nurse practitioner. Most changes are not cancer, but they should be checked right away.

Some people will get checked again in 1 year instead of 2 years based on their medical or family history.

How do I get a mammogram?

Contact your local OBSP site to get a mammogram. To find a site, call 1.800.668.9304 or visit cancercareontario.ca/obsplocations

Eligible people in Ontario ages 50 to 74 can get a mammogram through the OBSP without a referral from a doctor or nurse practitioner.

Breast cancer screening is free for people who are eligible for the OBSP.

Talk to your family doctor or nurse practitioner about your breast screening options.



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