

Breast Health

What can you do?



Go for regular breast screening

- If you are 50 or older, go for a mammogram at the Ontario Breast Screening Program, generally every 2 years.
- If you are 40-49, talk to your health care provider about your family history and make a personal decision about when to start having mammograms.



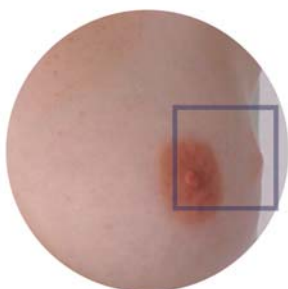
ontario breast
screening program
a cancer care ontario program

programme ontarien de dépistage
du cancer du sein
un programme de action cancer ontario

Be breast aware

Know how your breasts normally look and feel. That way if there are any unusual changes you'll be more likely to notice them.

Look for changes



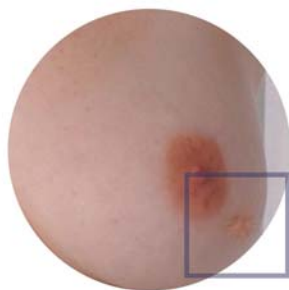
Lump or thickening



Fluid leaking
from the nipple



Redness



Dimpling or puckering



Skin change or
change in breast size or shape



Nipple change

Feel for changes

Feel your breasts in any way that is comfortable for you. Check the areas shown below.



Whole breast



Above breast



Feel under both arms and along the collarbone

Tell your health care provider

If you notice any changes, tell your health care provider. Most changes are normal but you should have them checked.



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Take steps to reduce your risk of breast cancer

- Maintain a healthy body weight, especially after menopause.
- Be physically active.
- If you drink alcohol, limit yourself to 1 drink per day.
- Minimize your time on hormone replacement therapy, if used. Discuss this with your health care provider before making any changes.
- Be a non-smoker and avoid second-hand smoke.



Breast cancer facts

- Every year in Ontario about 8,700 women find out they have breast cancer and 2,100 die of the disease.
- All women are at increased risk as they age. Eighty per cent of breast cancers (8 out of 10) are found in women age 50 and over.
- Most women with breast cancer do **not** have a family history of the disease.
- Regular screening mammograms can lower the risk of dying from breast cancer by a third for women 50-69 years of age.

(Provincial OBSP Toll-free number)

1-800-668-9304