

Breast Cancer Screening: What You Need to Know

Age Recommendation: 40-74 years old

Why Screen for Breast Cancer?

- 1 in 8 women develop breast cancer in their lifetime
- Screening mammograms can detect breast cancer early, even before lumps can be felt
- Early detection can improve treatment outcomes
- Get screened every 2 years to stay on top of your breast health

What is a Mammogram?

- An x-ray of both breasts, consisting of 4 images
- A safe and effective way to detect breast cancer

Risk Factors for Breast Cancer:

- Family history of breast cancer
- Post-menopausal
- Started period before 12 and/or started menopause after 55
- Never had a baby, or had first baby after age 30

Symptoms to Watch For:

- New lump, thickening, or changes in the breast
- Existing lump getting bigger
- Change in breast size
- Nipple discharge or inversion
- Red, swollen, or hot breast
- Lump in the armpit
- Dimpling or puckering of the breast skin

Requires A Provider Referral:

- Breast implants
- Breastfeeding or pregnant (wait 3 months after breastfeeding finishes to have screening mammogram)
- Previous history of breast cancer, or experiencing new breast complaints
- Had a mammogram on both breasts within the last 12 months

If you have any of these conditions, please contact your healthcare provider to book a mammogram.

How do I make a screening mammography appointment?

Book directly at the following screening centres:			
Abbotsford	604-851-4750	Nanaimo	250-716-5904
Burnaby	604-436-0691	North	604-903-3860
Comox Valley	250-331-5949	Vancouver	250-770-7573
Coquitlam	604-927-2130	Penticton	250-645-6654
Delta	604-877-6187	Prince George	604-244-5505
Kamloops	250-828-4916	Richmond	604-582-4592
Kelowna	250-861-7560	Surrey	250-549-5451
Langley	604-514-6044	Vernon	604-535-4512
		White Rock	
Vancouver	505-750 West Broadway		604-879-8700
	5752 Victoria Drive		604-321-6770
	BC Women’s Health Centre		604-775-0022
	Mount St Joseph Hospital		604-877-8388
Victoria	305 - 1990 Fort Street		250-952-4232
	Victoria—General Hospital		250-727-4338
Other	Client Services Call Centre		1-800-663-9203
Locations			
For a list of additional centre locations and the mobile mammography service, please visit www.screeningbc.ca/breast . Please have your BC Services Card/Care Card and health care provider's name available when you call to book your appointment. Call Centre hours: Monday to Friday, 8:00 am - 5:30 pm and Saturday, 8:30 am - 4:30 pm			

Age	Screen how often?
40-74 mother, daughter, sister w/breast cancer	Recommended every year.
40-49 no family history	Available every two years. Talk to your health care provider about when to start screening.
50-74 no family history	Recommended every two years.
75+	Available every two to three years. Talk to your health care provider about when to stop screening