

## Breast Health

Please call: Grace Ho  
Project Coordinator  
**(416) 461-1925 ext. 248**

## Important Contacts For Breast Health

### Marvelle Koffler Breast Centre

#### Mount Sinai Hospital

(416) 586-4422

\*Mammogram requisition signed by a doctor is needed

### Ontario Breast Screening Program (OBSP)

\*For women 50 and over

Booking Appointment: 1-800-668-9340

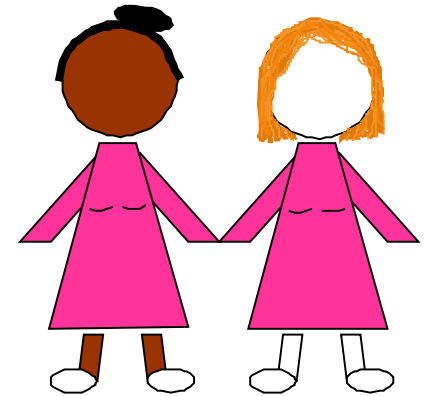
### Screening Offices for Riverdale Women

#### • Danforth/Main Breast Screening Centre

(416) 691-5071

#### • St. Michael's Hospital

(416) 864-6040



## Open Up To

Having a problem with OHIP?  
Want information on breast health?  
Need help getting to breast screening appointments?

## Breast Cancer

- In Ontario, **breast cancer** is the most common cancer in women

- **Finding breast cancer early**, offers more treatment choices



- As we age our chance of getting breast cancer increases

- Breast screening and better treatments are improving survival rates

## What You Can Do For Your BREAST HEALTH

- **All women** should have a physical breast exam every year, by a doctor or nurse
- **If you are 40-49**, you should talk to a doctor about mammograms
- **Women age 50 and over**, should have a mammogram every 1-2 years
- **Healthy lifestyle** choices can lower your risk of developing breast cancer
- **Help lower your chance of getting breast cancer** with a healthy body weight, diet and regular physical activity
- **Know your breasts** and how they normally look and feel
- **Know what changes to look for and have them checked by a doctor**



Illustrated by: Luc Latulippe

## Mammograms

- **Breast screening** is used to detect breast cancer, before signs or symptoms occur
- **Breast screening** includes, a physical breast exam and mammograms
- **Mammogram** is an x-ray of the breast
- A mammogram can find small changes in breast tissue, that may be too small to feel on your own or by a doctor