

Getting checked for breast cancer can protect your health



Women, Two-Spirit people, trans people and nonbinary people 40 or over can get checked for breast cancer.

Getting checked for breast cancer

Getting checked for breast cancer with a mammogram can help find cancer early, when treatment has a better chance of working.

For help deciding whether getting checked for breast cancer is right for you, talk to your family doctor or nurse practitioner. If you are 40 to 49, you can also call Health811.

How to make a mammogram appointment

Mammograms are safe, free and you can get one without an order from a family doctor or nurse practitioner.

Visit ontariohealth.ca/breast-screening-locations or call 1.800.668.9304 to find a location.



Ontario Health
Cancer Care Ontario