Dear JANE SAMPLE:

I am writing to ask you to get screened for breast cancer. Breast cancer is the most common cancer in Canadian women and finding it early provides the best chance of treating it successfully.

Because you are between the ages of 50 and 74, you are encouraged to get screened with a mammogram as part of the Ontario Breast Screening Program (OBSP). For over 20 years, the OBSP has provided high-quality mammograms to Ontario women ages 50 to 74 through local clinics and hospitals across Ontario.

The best way to protect your health is by getting a mammogram every two years. A mammogram takes an X-ray picture of the breast and can find breast changes when they are too small to feel or see. You can book a mammogram appointment at your local OBSP site. To find a site, call 1.800.668.9304 or visit cancercare.on.ca/obsplocations.

Take the time to book your mammogram today.

Sincerely,

Dr. Linda Rabeneck
Vice-President, Prevention and Cancer Control
Cancer Care Ontario
GET THE FACTS. GET SCREENED.

- Mammograms are recommended for women ages 50 to 74 years old. Even if you feel fine or no one in your family has had breast cancer, it is important to get screened. Most women diagnosed with breast cancer have no family history of the disease.
- Most women will have normal mammogram results.
- More than 80% of breast cancers are found in women over the age of 50.
- While screening tests are not perfect, regular mammograms are the best way for women ages 50 to 74 to reduce the risk of dying from breast cancer.
- Talk to your doctor or nurse practitioner about the benefits and risks of screening, or read the enclosed brochure.

ABOUT THE ONTARIO BREAST SCREENING PROGRAM (OBSP)

To learn more, visit cancercare.on.ca/obsp, or contact us at screenforlife@cancercare.on.ca or 1.866.662.9233 Monday to Friday between 8:30 a.m. and 5:00 p.m.

If you do not want to receive OBSP letters from Cancer Care Ontario, complete the form at cancercare.on.ca/obsp or call us at 1.866.662.9233.

You can change your mind at any time.

HOW TO BOOK YOUR MAMMOGRAM

Book your mammogram by contacting your local OBSP site. To find a site, call 1.800.668.9304 or visit cancercare.on.ca/obsplocations.

Ontario women ages 50 to 74 do not need a doctor’s referral to book a mammogram at the OBSP.

Mammograms are free-of-charge for women in Ontario.