

# PEI Breast Screening Program Mammography Guidelines

## Screening Saves Lives Be Informed

If you notice any unusual changes in your breasts contact your primary care provider right away.

### *Are you at increased risk?*

#### **Family History of Breast Cancer**

*Mother, sister, daughter, father, son, brother*

If you are 40 – 74 and have a first degree relative yearly screening is recommended.

If you have a first degree relative who was diagnosed with breast cancer, you can enter the screening program 10 years prior to the family members age at diagnosis. A doctor's referral is required for your initial screening appointment if you are under the age of 40.

### *Are you at average risk?*

**50 - 74**

Routine screening mammograms are recommended every two years.

**40 - 49**

Routine screening mammograms are available yearly. Benefits and potential harms can be discussed with your primary care provider.

**<40**

Routine screening mammograms are not recommended. If you have any concerns with your breasts please contact your primary care provider.

**75+**

Please talk to your primary care provider about the benefits and potential harms of continued screening. A doctor's referral is needed.

## **Health PEI**

One Island Health System

PEI Breast Screening Program  
[healthpei.ca/breastscreening](http://healthpei.ca/breastscreening)

**Breast Screening Services are located:  
Queen Elizabeth Hospital and  
Prince County Hospital**

**Please call to book your appointment  
1-888-592-9888**

## **Help Reduce Your Risk of Breast Cancer**

- **Be Physically Active**
- **Limit Alcohol**
- **Eat Healthy**
- **Stop Smoking and**
- **Maintain a Healthy  
Body Weight**



*Prince Edward Island  
Breast Screening Program*

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