

Once is Not Enough

A first mammogram is your baseline. Having regular mammograms provides up-to-date information for the radiologist to find changes.

Although screening mammograms (breast x-rays) can detect about 88% of breast cancers – some breast cancers simply can't be seen on an x-ray.

About the Program

The Screening Mammography Program (SMP) is a government-funded program offered through the BC Cancer Agency through the Provincial Health Services Authority.

About BC Cancer Agency

The Agency is committed to reducing the incidence of cancer and mortality from cancer, and to improving the quality of life for those living with cancer.

Visit our Website

For more information, to book an appointment by email or to see a step-by-step guide about the mammogram exam, go to www.smpbc.ca



Booking an Appointment

SMP gives screening mammograms (breast x-ray) to eligible BC women. Please have the name of your health care provider and your Care Card information available when booking an appointment. A health care provider can be your doctor, Naturopath or a registered Nurse Practitioner. To book, please call:

1.800.663.9203

Campbell River, Chilliwack, Cranbrook, Dawson Creek, Delta, Duncan, Fort St. John, Kitimat, Port Alberni, Powell River, Prince Rupert, Quesnel, Sechelt, Smithers Terrace, Williams Lake and mobile services.

Direct Lines

Abbotsford	604.851.4750
Burnaby	604.436.0691
Comox	250.890.3020
Coquitlam	604.927.2130
Kamloops	250.828.4916
Kelowna	250.861.7560
Langley	604.514.6044
Nanaimo	250.716.5904
North Vancouver	604.903.3860
Penticton	250.770.7573
Prince George	250.565.6816
Richmond	604.244.5505
Surrey - Guildford	604.586.2772
Surrey - Jim Pattison Outpatient Centre	604.582.4592
Vernon	250.549.5451
White Rock	604.535.4512

Vancouver:

BC Women's Health Centre:	604.775.0022
Mount St. Joseph Hospital:	604.877.8388
5752 Victoria Drive:	604.321.6770
#505-750 W. Broadway:	604.879.8700

Victoria:

Victoria General Hospital:	250.727.4338
305 – 1990 Fort Street	250.952.4232



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority



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Screening Mammography Program

Your Breast Health Has Support



PASS IT ON



The Screening Mammography Program (SMP) gives screening mammograms (breast x-rays) to eligible BC women ages 40 to 79 to help save women's lives by finding breast cancer early; usually before it has spread.



It's important to know your own body so you see changes. If you notice new breast changes, lumps or nipple discharge, see your doctor right away.



Tips

- Wear a two-piece outfit – you undress from the waist up.
- Tell the technologists if you have tender breasts or any concerns.

Why Come?

Like regular dental check-ups for oral health, you can monitor your breast health through regular screening mammograms. They can detect a breast problem when it is as small as the head of a pin. A breast self-exam can't usually find a cancer until it is at least the size of a pea.

The More You Know...

- The strongest risk factor for breast cancer is being female and getting older.
- About one in nine Canadian women will develop breast cancer in her lifetime. One in 28 women is expected to die from the disease.
- Screening mammograms are for women with *no signs* of breast problems.
- Regular screening mammograms find most breast cancers early – when there are more treatment choices and a better ability to recover.
- Only female technologists perform the exam.

A visit takes about 15 minutes. Just phone (see back for locations and phone numbers).

What Happens

The support staff and technologists are there to work with you - you're in control. Here's what happens:

- You complete some paperwork.
- A female technologist takes four x-rays, two of each breast.
- Your breast is compressed for several seconds for each x-ray to obtain the best image while using the least amount of radiation.
- You'll be asked to wait a few minutes while the technologist checks the x-rays.
- A radiologist reads the x-rays and you will be contacted immediately if follow-up tests are needed.
- Normal results are sent in the mail to you and your doctor.
- It's not unusual to be recalled for further tests, but this doesn't mean you have cancer. About nine out of ten women will be found to have nothing wrong.

Once is not enough – you will receive a mailed reminder when it is time for your next exam.

Give yourself 15 minutes to use a service that has saved lives.

Plain Talk

Some women fear:

Pain – Your technologist works with you to make you as comfortable as possible.

Radiation – You're exposed to radiation daily through the ground and in the air. The amount of radiation from a screening mammogram is about the same amount you are exposed to during six months of daily living.

Finding cancer - It is always better to know early. There are more treatment options and a full recovery is more likely.

