



## Pass it on...

### Your Breast Health Has Support

The Screening Mammography Program (SMP) provides **free** mammograms to BC women **ages 40 to 79**.

- No doctor's referral needed
- Appointment takes about 15 minutes

Call or send us an email to book at a location near you.

Email: go to [www.smpbc.ca](http://www.smpbc.ca) **"Book Your Appointment"**

Phone: **1.800.663.9203**

*Please have your BC Care Card available when booking.*

- Aging is the highest risk factor for breast cancer.
- Finding breast cancer early means more treatment options and a better chance of recovery.

Visit [www.smpbc.ca](http://www.smpbc.ca) for more information



**BC Cancer Agency**

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Screening Mammography Program



**BRITISH  
COLUMBIA**  
The Best Place on Earth

## Regular Mammograms Monitor Breast Health

Regular screening mammograms have shown to reduce deaths from breast cancer by about 25%

### Appointment Information

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

### At the Appointment

- Wear a two-piece outfit
- Don't wear deodorant, powder or perfume

### Sensitive Breasts

Schedule an appointment a week after your period.

Some women find caffeine can make their breasts more sensitive.