



SMP ELIBILITY REQUIREMENTS

If you are a B.C. woman between the ages of 40 and 79 with a health care provider (doctor, nurse practitioner or naturopath), you can book a screening mammogram directly through the Screening Mammography Program without a health care provider's referral.

You can't book directly if you:

- have breast enhancements like implants or injections (see your doctor to arrange a mammogram)
- are pregnant or breast-feeding (you can use SMP three months after completely finishing breast-feeding)
- have a previous history of breast cancer
- have any new breast complaints, such as a lump, nipple discharge (see your doctor immediately about any problems)
- have had a mammogram on both breasts in the last 12 months

By age 50, women should make screening mammograms part of their regular health routine.