

Mammograms

The Ontario Breast Screening Program (OBSP)

The OBSP is a free service offered by Cancer Care Ontario dedicated to providing breast screening to women aged 50 and over, who are living in Ontario and have no personal history of cancer.

A mammogram is an x-ray of the breast and is considered part of breast screening.

If you are *eligible*, call the OBSP at 1 (800) 661-8897.

If you are 30 to 69 years old, speak to your Health Care professional about the expanded OBSP, to determine if you are at high risk and should go for your screening now.

Expanded Breast Screening Program

From age 50-69

- Attend the OBSP at least every two years.

Over age 60

- Talk to your doctor about continuing in the OBSP. You may still benefit from screening.



Early Detection Saves Lives

If you have any questions, please e-mail: population.health@porcupinehu.on.ca

See what happens at your mammogram?

- Your appointment will take about 45 minutes.
- You will be given a gown and asked to undress from the waist up.
- Some locations have a specially-trained nurse who will examine your breasts. This is done because some cancers cannot be seen on mammograms.
- A breast x-ray called a mammogram is taken of each breast by a specially trained mammography technologist.
- Your breast is pressed between two plastic plates on the mammography machine. You may feel some discomfort but it takes only a few seconds.
- A letter will later be sent to both you and your Health Care professional with your exam results;
- A letter reminding you when it is time to return for your next breast screening.

For more information

Call the OBSP at 1-800-661-8897
OR visit the [Canadian Cancer Society](#) website.
Local number for Timmins is 360-6012.

You can also visit:

Cancer Care Ontario
[Breast North.info](#)

