



Mammogram Mobile Clinic → Coming Soon!

When: Wednesday April 5, 2023.

Where: Upper Nicola Health

Time: 10am – 4pm

Phone: 250 – 378 – 5058 to book an appointment

□ **If you are age 40 to 74 with first-degree relative (mother, daughter, sister) WITH Breast Cancer.**

- It is recommended that you get a Mammogram every year.
- Those with a family history of breast cancer are almost two times more likely to develop breast cancer.

□ **If you are age 40 to 49 WITHOUT a family history of Breast Cancer.**

- You are encouraged to talk to your doctor about the [benefits and limitations](#) of mammography.
- If screening mammography is chosen, it is available every two years.

□ **If you are age 50-74 WITHOUT a Family history of Breast Cancer.**

- It is recommended that you get a mammogram every two years.
- In this age group, the benefits of screening mammograms clearly outweigh the limitations.

□ **If you are age 75+**

- You are encouraged to talk to your doctor about the benefits and limitations of mammography.

□ **If you are at High Risk for Breast Cancer**

Screening mammograms are recommended every year if you are between 30-74 and at least one of the following applies to you:

- You are a BRCA1 or BRCA2 carrier;
- You are an untested first degree relative of BRCA1 or BRCA 2 carrier;
- You have a very strong family history¹ of breast cancer; or,
- You have had prior chest wall radiation.

Please speak with your doctor for more information and referral.

¹(a) 2 cases of breast cancer in close female relatives (mother, sister, daughter, aunt, grandmother, or great-aunt) on the same side of the family, both diagnosed before age 50, or (b) 3 or more cases of breast cancer in close female relatives (mother, sister, daughter, aunt, grandmother, or great-aunt) on the same side of the family, with at least one diagnosed before age 50.