

Screening saves lives!

Have a mammogram (breast x-ray) every 2 years starting at age 50 or as suggested by your health care provider.

Reduce your risk of breast cancer

- Maintain a healthy weight
- Eat well
- Be physically active
- Limit alcohol

Call BreastCheck
today to book your
mammogram

1-800-903-9290

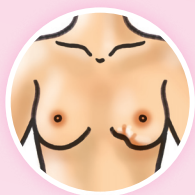


BreastCheck
CancerCare Manitoba

BreastCheckmb.ca

Know your breasts

See your health care provider if you have:



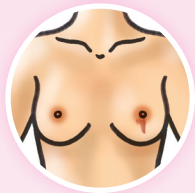
Puckering
of the skin



A change
in the nipple



Change in the
size, shape
or colour



New or bloody
discharge



Thickened
hard skin



A new lump
