

Breast Cancer Screening



**Did you know
you can book
your own
mammogram?**

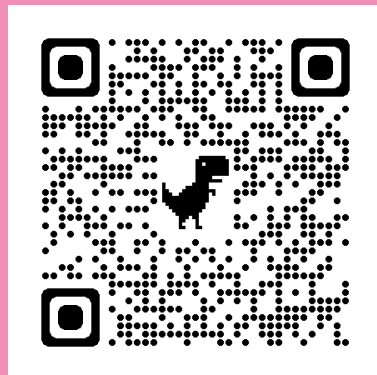
It is recommended that you have a mammogram every 2 years if you are:

- A woman, trans or nonbinary person and,
- Between 40 to 74 years of age.

You can book your own mammogram without a referral from your family doctor or nurse practitioner.

Scan the QR code or go to www.cercp.ca to learn:

- Where to get your mammogram.
- Wait times for each location.
- How to book your appointment (phone number or online booking link).



Talk to your healthcare provider about starting screening sooner if you have a personal or family history of cancer.

**Central East
Regional Cancer Program**

Ontario Health (Cancer Care Ontario)