



Ontario Breast Screening Program

February 19, 2015

Screen for Life
Cancer screening sees what you can't

-  Breast
-  Cervical
-  Colorectal

JANE SAMPLE
123 ANY STREET
ANY CITY, ON M1M 1M1

Dear JANE SAMPLE:

I am writing to ask you to **get screened for breast cancer**. Breast cancer is the most common cancer in Canadian women and **finding it early provides the best chance of treating it successfully**.

Because you are between the ages of 50 and 74, you are encouraged to get screened with a mammogram as part of the Ontario Breast Screening Program (OBSP). For over 20 years, the OBSP has provided **high-quality mammograms to Ontario women ages 50 to 74** through local clinics and hospitals across Ontario.

The best way to protect your health is by **getting a mammogram every two years**. A mammogram takes an X-ray picture of the breast and can find breast changes when they are too small to feel or see. **You can book a mammogram appointment at your local OBSP site**. To find a site, call **1.800.668.9304** or visit cancercare.on.ca/obsplocations.

The **Ontario Breast Screening Program (OBSP)** is an organized screening program that is funded by the Ministry of Health and Long-Term Care and managed by Cancer Care Ontario (CCO). CCO also manages cervical and colorectal cancer screening programs for Ontarians with the goal of preventing cancer or finding it earlier when there is a better chance of successful treatment.

Take the time to book your mammogram today.

Sincerely,



Dr. Linda Rabeneck
Vice-President, Prevention and Cancer Control
Cancer Care Ontario

Ontario Breast Screening Program

GET THE FACTS. GET SCREENED.

- Mammograms are recommended for women ages 50 to 74 years old. Even if you feel fine or no one in your family has had breast cancer, it is important to get screened. Most women diagnosed with breast cancer have no family history of the disease.
- Most women will have normal mammogram results.
- More than 80% of breast cancers are found in women over the age of 50.
- While screening tests are not perfect, regular mammograms are the best way for women ages 50 to 74 to reduce the risk of dying from breast cancer.
- Talk to your doctor or nurse practitioner about the benefits and risks of screening, or read the enclosed brochure.

ABOUT THE ONTARIO BREAST SCREENING PROGRAM (OBSP)

To learn more, visit cancercare.on.ca/obsp,
or contact us at
screenforlife@cancercare.on.ca or
1.866.662.9233 Monday to Friday between
8:30 a.m. and 5:00 p.m.

If you do not want to receive OBSP letters
from Cancer Care Ontario, complete the
form at cancercare.on.ca/obsp or call us at
1.866.662.9233.

You can change your mind at any time.

HOW TO BOOK YOUR MAMMOGRAM

Book your mammogram by contacting
your local OBSP site. To find a site, call
1.800.668.9304 or visit
cancercare.on.ca/obsplocations.

Ontario women ages 50 to 74 do not need a
doctor's referral to book a mammogram at
the OBSP.

Mammograms are free-of-charge for
women in Ontario.