

# PRESS RELEASE



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## **October is Breast Cancer Awareness Month**

October is Breast Cancer Awareness Month -- which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

Mammograms are most commonly used as a screening device for early detection of breast cancer in women with no breast symptoms. Patients who feel a lump in their breast or have an unusual discharge from their nipple should also be evaluated regardless of their age. Screening mammograms are recommended every two years over the age of 50.

Annual screening may be necessary based on family history of breast cancer. The frequency of your mammograms, and the timing of your first mammogram, should be discussed with your physician.



To ensure that the quality of mammography images meets the highest standards, Campbellford Memorial Hospital has been an accredited screen site over 15 years. Only qualified personnel perform and interpret mammograms and dedicated mammography equipment remains optimally operational to ensure that women receive mammography examinations with the lowest possible dose and risk.

The chance of developing breast cancer increases as women get older. More than 80% of breast cancers are found in women over age 50 and most women diagnosed with breast cancer have no family history of the disease. Breast cancer can be impossible to see or feel and is the most frequently diagnosed cancer in Ontario women. The good news is, finding cancers early means that most women have more treatment options and an improved chance of surviving. That's why regular breast cancer screening at the right time is so important.

It is recommended that women at average risk should get regular breast cancer screening with mammography every two years starting at 50 years of age. Women with a family history of cancer or other risk factors are at an increased risk of developing breast cancer and should speak to their doctor or nurse practitioner about when they should begin screening.

CMH is affiliated with the Ontario Breast Screening Program (OBSP). The OBSP provides high-quality digital mammography. This program is funded through Cancer Care Ontario and Accredited by the Canadian Association of Radiologists. This is a self-referral program therefore you do not need a requisition from your family doctor if you meet the following requirements. To be eligible for OBSP, a woman must:

- Be 50 or older
- Not have had a mammogram in the past year
- Never been diagnosed with breast cancer
- Have no current symptoms of a breast problem
- Have no breast implants

Our screening clinics are held on Tuesdays and Thursdays. If you are eligible for the Ontario Breast Screening Program, please call **705-653-3104** for an appointment.

For more information about Campbellford Memorial Hospital's Screening Programs:

CMH: 705-653-3104

or

Visit online: [www.ontario.ca/screenforlife](http://www.ontario.ca/screenforlife)

Email: [screenforlife@cancercare.on.ca](mailto:screenforlife@cancercare.on.ca)

Call toll-free: 1-866-662-9233

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For more information, please contact:

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