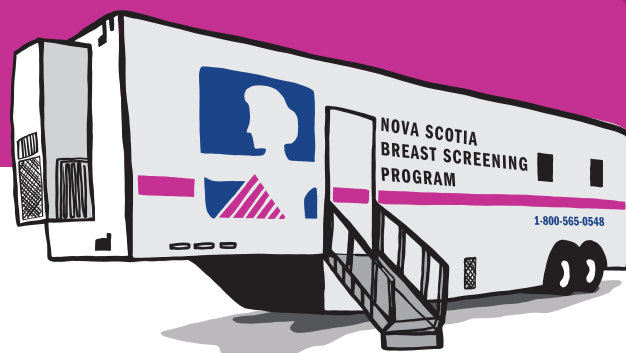


# Nova Scotia Breast Screening Program

## Screening Mammogram: 2022 Mobile Schedule



## What is a screening mammogram?

A screening mammogram is two X-ray pictures of each breast performed by a highly trained mammography technologist.

### WHY ARE THEY IMPORTANT?

A screening mammogram looks for breast cancer in women who do not have breast symptoms. Screening mammograms can find breast cancer in its early stages, even before a lump can be felt. Women with symptoms such as a lump or new skin dimpling should see their health care provider immediately to determine if other testing is required.

### WHO IS ELIGIBLE?

- Every 2-3 years for women aged 50-74
- Women ages 40-49 and 75+ can self-refer into the Program, if they choose
- No breast implants
- No previous breast cancer
- No new breast symptoms

### HOW DO I BOOK ONE?

You can make the appointment yourself by calling the Nova Scotia Breast Screening Program (NSBSP). You do not need referral from a health care provider to book a screening mammogram. **Call 902-473-3960 or 1-800-565-0548 (toll free).**

### WHERE DO I GO?

Mammograms can be done at one of our 11 fixed sites or 30 mobile stops across NS.

This year's mobile schedule is provided here or you can check [breastscreening.nshealth.ca](http://breastscreening.nshealth.ca) for a list of NSBSP permanent locations.

### On the Day of your Screening Mammogram:

- > Bring your health card.
- > Wear a 2 piece outfit with a top that buttons up the front. You will be asked to undress from the waist up.
- > Do not use deodorant, powder, creams or lotions on the day of your appointment. These products may show up on the X-ray picture and make it harder to read your mammogram.
- > **Be Breast Aware.** See your health care provider about any new breast symptoms even if you have recently had a normal mammogram.

# Nova Scotia Breast Screening Program

## Screening Mammogram: 2022 Mobile Schedule



COMMUNITY	MOBILE LOCATION	DATES
Glace Bay	Glace Bay General Hospital	March 21–April 13
New Waterford	New Waterford Consolidated Hospital	April 14–30
North Sydney	Northside General Hospital	May 2–21
Neil's Harbour	Buchanan Memorial Hospital	May 24–31
Cheticamp	Sacred Heart Hospital	June 1–15
Inverness	Inverness Consolidated Memorial Hospital	June 16–25
Pictou Landing	Pictou Landing First Nation Health Centre	June 27
Tatamagouche	Lillian Fraser Memorial Hospital	June 28–July 2
Parrsboro	South Cumberland Community Care Centre	July 4–5
Indian Brook	Indian Brook Health Centre	July 6–7
Kennetcook	Guardian Pharmacy	July 8–9
Hantsport	Glooscap First Nation Health Centre	July 11
Middleton	Soldiers Memorial Hospital	July 12–30
Digby	Digby General Hospital	August 2–18
Long Island	Royal Canadian Legion	August 19–20
Comeauville (Clare)	Radio CIFA Building	August 22–30
Shelburne	Roseway Hospital	August 31–September 9
Liverpool	Queens Place Emera Centre	September 10–21
Caledonia	North Queens Community Health Center	September 22–24
North Preston	North Preston Community Centre	September 26–27
Sheet Harbou	Eastern Shore Memorial Hospital	September 28–October 5
Sherbrooke	St. Mary's Hospital	October 6–8
Guysborough	Guysborough Memorial Hospital	October 11–14
Canso	Canso Medical Centre	October 15–18
Arichat	St. Anne's Community & Nursing Care Centre	October 19–27
Cleveland	Strait Richmond Hospital	October 28–November 12
Whycocomagh	Waycobah First Nations Health Centre	November 14–15
Baddeck	Victoria County Memorial Hospital	November 16–26
Eskasoni	Eskasoni Health Center	November 28–December 1
Sydney	Cape Breton Regional Hospital	December 2–March 2023

*Dates and locations are subject to change if the program encounters any staffing problems, workload changes or equipment breakdowns.*



**Call 1-800-565-0548 to book an appointment on a date and at a location that is most convenient to you.**

