

Who is eligible for a mammogram?

- For women 40-49, screening is optional and they should discuss the [risks and benefits](#) of screening with their health care provider. A [referral](#) is needed for their first mammogram. Screen Test referral forms are available online at <http://www.albertahealthservices.ca/fm-20078.pdf>.
- Beginning at age 50, women should plan to get a mammogram every 2 years until they turn 75. This group can self-refer.
- Women 75 and over can continue screening and should discuss the risks and benefits with their health care provider, and may also self-refer.
- Screening mammograms are not recommended for women under age 40. Women in this age group should discuss their breast cancer risk and screening options with their health care provider.

Why are mammograms important? Screening mammograms are routine checks used to find early signs of cancer in women who have no apparent breast problems or symptoms. They can find changes in the breast that are too small to be felt by a woman or her doctor. Early detection with mammograms is one of the reasons that most women (90%) are now surviving breast cancer. For more information about the Screen Test program, or to check out the mobile clinic schedule, visit our [website](#).