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Breast cancer screening update for Ontario

Breast cancer screening is an important way to protect your health. Screening can find breast cancer early, often before symptoms appear. When cancer is found early, treatment is usually more effective and outcomes are often better.

In Ontario, many women, trans, non-binary and gender-diverse people aged 40 to 74 can get a screening mammogram through the Ontario Breast Screening Program. A mammogram is an X-ray of the breast that helps detect cancer at an early stage.



Screening is free with an Ontario health card. For most people at average risk, a mammogram every two years between ages 50 and 74 is recommended. People aged 40 to 49 may also choose to start screening earlier after discussing the benefits and possible risks with a health professional. Your personal and family health history can help determine when screening should begin and how often it should be done.

If you have a higher risk of breast cancer, for example because of certain genetic factors or a strong family history, your screening plan may be different. In these situations, additional tests or more frequent screening may be recommended.

Breast screening clinics are located across Ontario, and many allow people aged 40 and over to book directly without a referral from a doctor. Screening appointments are usually quick and are performed by trained health professionals.



For more information, visit:

- [Breast cancer screening and eligibility in Ontario](#)
- [Canadian Cancer Society - Screening for breast cancer](#)