

## Cancer Screening Tip of the Month – August 2024

Toronto Central Regional Cancer Program, Cancer Screening eBulletin

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### Coming Soon: Ontario Breast Screening Program (OBSP) Expansion to People Ages 40 to 49: Fall 2024

The average risk [Ontario Breast Screening Program \(OBSP\)](#) will expand to include people ages 40 to 49 on **October 8<sup>th</sup>, 2024**.

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#### OBSP Screening Mammography Recommendations for Average Risk People Ages 40 to 49:

- People ages 40 to 49 should make an informed decision about whether breast cancer screening is right for them.
- The OBSP will encourage people ages 40 to 49 to have a conversation with their family doctor, nurse practitioner, or a Health811 navigator about breast cancer screening, the potential benefits and potential harms of breast cancer screening, their personal risk for breast cancer and what matters most to them in taking care of their health.
- The screening recommendations for people ages 40 to 49 who choose to get screened will be the same as for people ages 50 to 74.

#### Eligibility Criteria

Women, Two-Spirit people, trans people and non-binary people ages 40 to 74 are eligible for screening through the OBSP (average risk) if they:

- have no new breast cancer symptoms
- have no personal history of breast cancer
- have not had a mastectomy
- have not had a screening mammogram within the last 11 months
- if transfeminine, have used feminizing hormones for at least 5 years in a row

#### Screening Interval

- Most average risk people ages 40 to 49 who decide to get screened should have a mammogram **every two years**
- People ages 40 to 49 who are at increased risk of developing breast cancer due to their personal or family history or their mammogram results will be recalled in one year

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Starting **October 8<sup>th</sup>, 2024**, people ages 40 to 49 who qualify for the OBSP and decide to get screened can self-refer and book an appointment. People ages 40 to 49 **should not** contact the OBSP prior to October 8<sup>th</sup>.

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Regardless of age, people with symptoms of breast cancer should be referred for a diagnostic mammogram.

Click [here](#) to view the previous Cancer Screening Tip of the Month eBulletins.

**Questions?** If you have any questions or if you would like to receive the Cancer Screening Tip of the Month please email the Toronto Central Regional Cancer Program, Cancer Screening team: [infoTCRCP@sunnybrook.ca](mailto:infoTCRCP@sunnybrook.ca)