

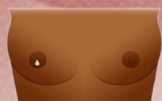
EARLY DETECTION STARTS WITH YOU

Understanding your own body is key to recognizing when something changes.

As women, our bodies naturally go through hormonal cycles each month, which can bring normal changes in the way our breasts feel or look.

But here's what's important: Pay attention to changes that do not follow your usual monthly cycle especially those that last longer than a month. These non-cyclical changes should never be ignored and are a sign to check in with your healthcare provider.

CHANGES TO LOOK FOR:



Discharge or newly inverted nipple



Dimples, pulling and/or lumps



Discoloration or change in skin texture

"Today and every day, I walk with the strength of my ancestors — to support the fighters, honor the survivors, remember the spirits of those who journeyed on, and I carry hope."

Meet part of the dedicated Mawlugutinej Cancer Screening Team — we are always here for you.



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Mawlugutinej

Early Detection Cancer Screening

FOR MORE
INFORMATION CALL:

**LISTUGUJ
COMMUNITY
HEALTH SERVICES**
418-788-2155
6 PACIFIC DRIVE
LISTUGUJ QUEBEC



BREAST HEALTH

understanding
screening and prevention



Take control of
YOUR HEALTH
with early detection
mammogram screening

KNOWLEDGE IS POWER

Most breast cancer is NOT hereditary. Only 5 to 10% of breast cancer cases are linked to a genetic predisposition.

When detected early, breast cancer can be cured in 9 out of 10 cases. Detecting it at an early stage usually means more treatment options and fewer side effects.

Breast reconstruction is an option after a mastectomy.

Tobacco is an aggravating factor in breast cancer. Especially in women who start smoking at a young age or for a long time

Incorporating healthy habits such as physical activity and a balanced diet into our lifestyle helps reduce the risk of developing cancer.

"Taking care of your health means taking care of your community."

"Angweiasultinej, na tujiw gisi angot'esnu Innue'gati."



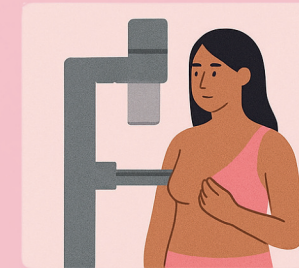
WHAT IS A MOBILE MAMMOGRAM ?

A mobile mammogram is a screening clinic on wheels that brings breast cancer screening services closer to women in their own communities. For several days at a time, the mobile unit is set up locally and provides the same trusted, high-quality mammography care offered in hospital settings. Mobile mammography is a safe, quick, and a comfortable way to take care of your breast health—making screening more accessible and convenient for women.

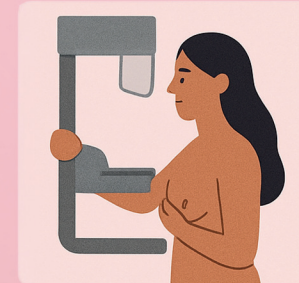
Recommended screening schedule:
Women ages 50 to 74 years old schedule your screening mammogram every 2 years.



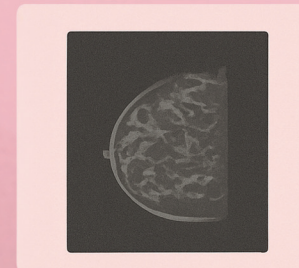
WHAT IS A MAMMOGRAM



During the exam, you will be asked to remove your upper clothing.



Each breast is placed between two plates on the machine, which compresses it for a few seconds to take the image.



The compression may be a little uncomfortable for some but it is very brief.



The entire exam lasts 10-15 minutes. Results will be sent directly to your doctor.

Early detection gives us more options, more time and more stories of survival
EARLY DETECTION SAVES LIVES!