

BREAST CANCER AWARENESS

- Did you know that Mammography is the only screening method that **helps reduce** breast cancer deaths through early detection?
- Did you know that Mammography is **free of charge**?



The Quebec Breast Cancer Screening Program (PQDCS)

recommends that all **women aged 50 to 69** have a mammogram **every 2 years**.

BREAST CANCER SIGNS

- A palpable mass on breast
- Nipples are turned inward instead of outward
- Fluid comes out of the nipple
- Skin on the nipple looks or feels different (for example, it may look like eczema but does not get better)
- Skin texture on breast looks like an orange peel
- Skin over one third or more of a breast becomes red

Contact a doctor if you noticed any of the above warning signs.

REGIONAL SERVICE COORDINATION CENTRES (CCRS)

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For more information, contact PQDCS at ccrs.pqdcis.cisssmc16@sss.gouv.qc.ca

CERVICAL CANCER AWARENESS



🎗️ Did you know that cervical cancer screening **detects cancer at an early stage**, increasing the rates of successful treatment?

🎗️ **The Quebec Breast Cancer Screening Program (PQDCS)** recommends that **all women** between **21 and 65 years old**, who have had a sexual relationship should be screened for cervical cancer.

PAPANICOLAOU (PAP) TEST

🎗️ Did you know that a PAP test is a procedure in which cells from the opening of the cervix is taken with a swab?

🎗️ This will determine if there are any abnormal cells in the cervix.

🎗️ The test is effective for cervical cancer screening and takes only a few minutes.

🎗️ Women should have this test **every 2 to 3 years**.

WHERE TO ACCESS THE PAP TEST?

🎗️ Ask your Health Care Provider

🎗️ Ask your Local CLSC

🎗️ Ask from a Walk in Clinics or Family Medicine Groups (GMF)



Finding a resource:

🎗️ <https://www.quebec.ca/en/health/finding-a-resource>