

Some ways to stay healthy...

We suggest the following:

- › Nova Scotians who are between 50 -75 and want to request a Colon Cancer Prevention Program home screening kit can call 1-866-599-2267.
- › If you are over 40 and want to book a mammogram call 1-800-565-0548. For more information go to <https://breastscreening.nshealth.ca>.
- › To find a Well Woman Clinic near you, call 1-888-480-8588 or visit our website at <https://www.nshealth.ca/well-woman-clinics>. To request a print out of your cervical cancer screening history email cancercareinfo@nshealth.ca.

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

Nova Scotia Health
www.nshealth.ca

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.