

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 screen for cervical cancer, speak with your primary care provider or find a Well Woman Clinic near you on our website at <https://www.nshealth.ca/well-woman-clinics>. To request a print out of your cervical cancer screening history call 1-888-480-8588 or 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

*Prepared by: Nova Scotia Health Cancer Care Program
Approved by: Nova Scotia Health Cancer Care Program Education Team
Designed by: Cancer Care Program Staff*

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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.