

## Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

---

**Proposed publication date:** Sept. 27, 2021  
**Content provided by:** Alberta Health Services

---

## Rural and remote communities benefit from Screen Test Mobile Mammography Clinic

This September marks the 30<sup>th</sup> anniversary of AHS Screen Test Mobile Mammography.

### About Screen Test Mobile

Screen Test Mobile is a service provided by AHS as part of the Alberta Breast Cancer Screening Program. Staffed by a team of technologists, the two 53-foot mobile screening units are “clinics on wheels.”

AHS continually strives to help reduce barriers to healthcare by providing free breast cancer screening where women live. The mobile units visit 120 rural and remote communities across Alberta, including 26 Indigenous communities, to offer high quality digital screening mammograms that consistently meet or exceed national standards. Since launching the mobile mammography service in 1991, Screen Test has completed more than 308,500 screening mammograms (breast x-rays) and found 1,845 cases of breast cancer.

### Breast cancer screening and you

Breast cancer is the most common cancer found in women and the second leading cause of female cancer deaths in Alberta.

The good news: Having regular screening mammograms is the best way to find breast cancer early, before there are symptoms and when treatment may work better.

Remember, breast cancer screening is for people who may feel healthy and have no symptoms.



If you're 50 to 74 years of age, you are encouraged to make screening mammograms part of your regular health routine. Get screened every two years or as decided by you and your healthcare provider. Talk to your healthcare provider if you have questions or concerns about your breast health.

Visit [screeningforlife.ca](http://screeningforlife.ca) to learn more and to see when the mobile units are coming to a community near you.