

BOOK YOUR MAMMOGRAM TODAY



*A simple breast screening
can save your life*

What is a mammogram?

A mammogram is an X-ray examination of the breast. It is a screening tool to detect breast cancer.

Why is mammogram screening important?

Breast cancer is the most common cancer among women in Singapore.

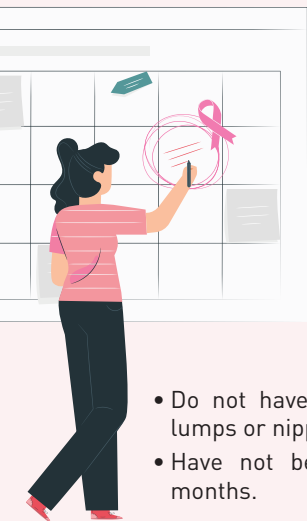
Mammogram screening is important for detecting the early stages of breast cancer, which have no signs or symptoms. Early detection can lead to better treatment options and higher recovery rates.

How often should I go for a mammogram?

The recommended screening frequency is:

- Once every 2 years (for women aged 50 and above)
- Once a year (for women aged 40 to 49)

If you are in your 40s, please seek your doctor's advice on the benefits and limitations of mammogram screening at this age.



Are there any subsidies for mammogram screening?

Yes, you are eligible for subsidies under Health Promotion Board's Screen For Life if you:

- Are a female Singapore citizen or permanent resident aged 40 and above;
- Have not gone for mammogram screening for the past 1 year (aged 40 to 49) or 2 years (aged 50 and above);
- Do not have breast symptoms such as breast lumps or nipple discharge; and
- Have not been breastfeeding for the past 6 months.

Where can I go for my mammogram?

- 📍 Ang Mo Kio Polyclinic
- 📍 Bukit Batok Polyclinic
- 📍 Choa Chu Kang Polyclinic
- 📍 Clementi Polyclinic
- 📍 Hougang Polyclinic
- 📍 Kallang Polyclinic
- 📍 Pioneer Polyclinic
- 📍 Toa Payoh Polyclinic
- 📍 Woodlands Polyclinic
- 📍 Yishun Polyclinic
- 📍 Mammobus

How do I book a mammogram?

For screening at a Polyclinic:

Scan this QR code or visit

<http://tinyurl.com/mmgappointment>

For screening onboard a Mammobus:

Check the online Mammobus Calendar

at <http://tinyurl.com/NHGD-Mammobus> and contact the event organiser to register (terms and conditions apply).

