



Community Resources



BREAST CANCER SCREENING

Know the Risks Why You Need Cancer Screening

Cancer screening can find abnormal cell changes before they become cancerous or detect cancer at an early stage, when treatment has a better health outcome.

Nail technicians work in a hazardous environment where they breathe, ingest and absorb toxic chemicals from nail products. These chemicals can negatively affect skin, respiratory, and reproductive systems and also increase the risk of developing cancer.

Research has shown that nail technicians have higher levels of some harmful and cancer-causing chemicals depending on the levels of exposure.

This pamphlet provides information about breast cancer screening.

-  Wechat 647-636-6292
-  IG @nail.technicians.network
-  facebook.com/nailtechnetwork
-  pqwchc.ca/nails
-  750 Dundas St W, Toronto
2nd Floor, Suite #280

Nail Technicians'
Network (NTN)

www.pqwchc.org/nails



This resource is developed by Nail Technicians' Network (NTN) at Parkdale Queen West Community Health Centre (PQWCHC), September 2025.

It is funded by Dragonfly Ventures.



About Breast Cancer Screening

What is Breast Cancer?

Breast cancer is found in the breast and starts in cells that line the ducts (tubes that carry milk) or the lobules (glands that make milk).

What is a Mammogram?

A mammogram is an X-ray of the breast that can find abnormal changes in the breast, even when they may be too small to feel or see.

Who Should Get Screened?

- Most people ages 40 to 74 who qualify for the Ontario Breast Screening Program (OBSP) can get a mammogram every 2 years.
- People ages 40 to 49 should make an informed decision on whether they should get screened by speaking with their doctor or by calling Health811 at 811.

Note: Contact your doctor if you notice any changes in your breast, such as a lump or redness that does not go away, or changes to your nipple. Changes to the breast are not always caused by cancer, but they should be checked right away.

Lowering your Risk

- There are risk factors that you cannot change: age, height, genetic makeup, having dense breasts and hormone changes throughout your life.
- You can lower your chances of getting breast cancer: avoid/drink less alcohol, quit smoking/remain smoke free, be physically active, and avoid adult weight gain.

Lowering your Risk: Cancer IQ

To learn more about risk factors and how to lower your risks, go to My CancerIQ: www.mycanceriq.ca/About/BreastCancer

- If you want to have a personalized risk assessment, scroll to the bottom of the page and click the link to “Take Our Breast Cancer Assessment”.

Making a Mammogram Appointment

You can make an appointment by:

- Calling 1-800-668-9304 to find an Ontario Breast Cancer Screening Program (OBSP) location.
- Visiting www.ontariohealth.ca/system/reporting/wait-times
- Click “Breast Screening (Mammogram) Wait Times” and then enter the postal code of your home/work address. A list of closest locations offering mammogram screenings will be provided.
- Asking your doctor to make an appointment for you.

Attending a Mammogram Appointment

- Do NOT use deodorant, antiperspirant, body lotions or talcum powder on the day of your mammogram appointment.
- The mammogram will be done one breast at a time. A plate will move down slowly to press and hold the breast tissue in place with some pressure for a few seconds. The whole appointment will take about 15 minutes.

After a Mammogram Appointment

- If the result is normal, you will get a letter in the mail. It will tell you when your next screening is.
- If the result is not normal, the OBSP location where you had the screening will contact your doctor for follow-up and may help to make an appointment for more testing.
- If you don't have a doctor, OBSP will connect you with one for the next steps.

Taking Care of Yourself at Work as a Nail Technician

- Wear a mask and nitrile gloves when working.
- Take breaks outside the salons or move to where the air is fresher.
- Do not eat or drink at your workstation.
- Use dispenser bottles to limit the evaporation of chemicals from nail products.
- Always keep lids of trash cans closed.
- Do stretching to release muscle tension in between clients.
- If a health issue arises, see a doctor as soon as possible.

If you need assistance in making cancer screening appointments and/or accessing cancer screening information, please call or text NTN at (416) 779-7666.