

When will I get my results?

Your mammogram will be read by a radiologist with training in interpreting mammography. The screening program will send you and your doctor a letter with the results of your mammogram within 7 to 10 days after your appointment. About 5-10 women out of 100 will need more tests after their screening mammogram. Your letter will inform you of the date/time of the recommended test/tests. Your doctor and the screening program are available to answer any questions, worries or concerns you may have on your screening results.

After these follow up tests, most women will have a normal result and should return to the program for screening in one or two years as recommended.

What should I know about breast cancer?

- The two major risk factors for breast cancer are being a woman and getting older
- At least 80% of women with breast cancer have no family history of this disease



Your Breast Health Plan

- Be aware of how your breasts normally look and feel.
- Become informed about the benefits and harms of screening, talk to your doctor.
- If you decide to participate in breast screening, have a regular screening mammogram.
- Remember to keep a check on your breasts regularly between screening visits.
- Promptly report any breast changes or concerns to your family doctor.
- Keep yourself healthy, maintain a healthy diet and body weight.
- Exercise regularly.
- Limit alcohol.
- Do not smoke.

Make Time for Yourself Today!

*Breast Screening is a program within the Newfoundland and Labrador Cancer Care Registry. Newfoundland and Labrador's Personal Health Information Act governs the cancer care registry and directs how the registry can collect, use and share your personal health information. This information is needed to support and provide the best health care possible. If you have any questions or concerns about why or how the information is collected, used or shared, please contact the program office at **1-800-414-3443**.*

Screening Mammogram for Women 50 - 74



Breast Screening Program

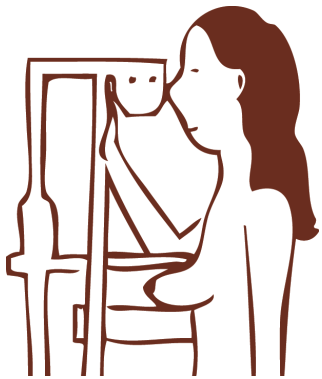
NEWFOUNDLAND & LABRADOR

Why should I have a mammogram?

Screening saves lives from breast cancer. A mammogram has the ability to detect changes years before they can be felt. It is the best tool we have for early detection.

What is a screening mammogram?

A screening mammogram is an x-ray of the breast for women who have no breast problems. A mammogram does not prevent breast cancer.



Are mammograms safe? Do they hurt?

Modern mammography equipment uses very low doses of radiation. To get a clear picture, the breast is compressed between two plates. A technologist will position your breast carefully and take two views, one from the side and one from the top of the breast. This may feel uncomfortable for a few seconds.

Main risk of screening mammography

Some women who have screening will be diagnosed and treated for breast cancer that would never otherwise have been found or caused them harm.

Research is hoping to find which breast cancers are life threatening and which ones will likely never cause a problem in a woman's lifetime.

How effective is mammography?

Mammograms are the best way to find breast cancer early. Rarely, mammograms can miss cancers. It picks up most breast cancers and can identify approximately 85%-90% of breast cancers. Not all breast cancers found through screening can be cured. However, many studies show that regular mammograms reduce the risk of dying from breast cancer.

How do I prepare for a mammogram?

On the day of your mammogram do not wear deodorant, body powder or perfumes. These may contain small metal particles that can interfere with the quality of the mammogram. You can take your deodorant in your purse and apply it after the exam.

It is helpful if you wear comfortable clothing, possibly a skirt or pants that will allow you to undress from the waist up.

The technologist welcomes any questions related to the mammogram.

Can I have a screening mammogram?

The Breast Screening Program for Newfoundland and Labrador offers screening mammograms for women aged 50-74. For women under 50 and over the age of 74 check with your family doctor for screening guidelines.

The screening program may not be right for you if you have:

- been diagnosed with breast cancer
- breast implants
- breast problems
- had a mammogram in less than one year
- decided screening is not for you after weighing the benefits and harms

Do I need a doctor's referral?

No, a doctor's referral is not required. At the Breast Screening Program for Newfoundland and Labrador you can book your own appointment.

This service is Free of Charge. Please remember to bring your MCP.

How can I be part of the Breast Screening Program for Newfoundland and Labrador?

- By calling the Breast Screening Centre nearest you to book an appointment
- By invitation from the screening program
- Talk to your family doctor to help you make an informed decision. Together you can weigh the possible benefits and harms to help you decide