

What should I do in between my Screen Test appointments?

Although your mammogram is the best screening tool to find breast cancer early, it's important to be aware of any changes in your breasts:

- Make sure your healthcare provider does a breast exam during your regular health check-up.
- Check your breasts regularly for any changes.

What changes should I be aware of?

- A new lump in your breast or armpit.
- Nipple that has turned inward.
- Crusting, bleeding, or a rash on your nipple.
- Unusual nipple discharge.
- Dimpling or thickening of skin.

Screen Test will send you a reminder when your next mammogram is due. Mammograms are the best way to find breast cancer early. It's important to come back for your next appointment!



Who can I contact if I want to book an appointment or if I have questions?

For long distance or mobile mammography services, call

1-800-667-0604
(Toll free)

EDMONTON

311 Kingsway Mall
109 Street and Princess Elizabeth Avenue
Edmonton, AB T5G 3A6
Phone: 780-643-4678
Fax: 780-643-4679

CALGARY

2202-2nd Street SW
Calgary, AB T2S 3C1
Phone: 403-355-3232
Fax: 403-355-3287

To learn more about screening mammograms, go to www.screeningforlife.ca/screentest



SCREENTEST001

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BREAST SCREENING

Your Screen Test Appointment



SCREENING
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Screen Test

Having mammograms regularly is one of the best ways to find breast cancer early.

Your mammogram takes about 10 minutes, but expect the entire appointment to be about 45 minutes. We will do everything we can to make you as comfortable as possible.

How do I prepare for my Screen Test appointment?

Don't use perfume, antiperspirant, deodorant, or body powder on the day of your appointment. Wear an outfit with a separate top so that you only have to take off your top.

What can I expect at my appointment?

Questionnaire

When you arrive you'll be asked to fill in a short questionnaire about your medical and your family's medical history. This information helps Screen Test radiologists determine your breast cancer risk.



The Screening Mammogram

A screening mammogram is an x-ray of your breasts. A female technologist will ask you if you've noticed changes in your breasts. She will also ask if you've ever had a mammogram or breast surgery.

Four x-rays will be taken, one from the top and one from the side of each breast.

For each x-ray, a paddle is lowered over the breast to flatten (compress) it for a few seconds. Flattening the breast allows the x-ray to use as little radiation as possible.

While having the breast flattened can be uncomfortable, it shouldn't hurt. If you feel pain, tell the technologist and she will try to make the exam more comfortable.



Quality Check

Once the mammogram is done, the technologist will check the quality of the x-rays. Sometimes an x-ray will be done again.

When will I get my results?

Your mammograms will be read by a radiologist with breast imaging expertise.

The results will be mailed to both you and your healthcare provider within 2 weeks. Most women will have normal results.

Normal Results

Most women will be asked to have their next screening mammogram in 2 years. Some women will be asked to have it done in 1 year. This return visit is even more important than your first mammogram. The radiologist compares current and earlier mammograms to look for changes—this is the best way to find cancer at its earliest stage.

Additional Tests Needed

About 5 out of every 100 women will have a mammogram result that suggests more testing be done. Of these women, 85-90% will have normal results. See your healthcare provider as soon as possible if your mammogram result requires additional tests. Screen Test will tell your healthcare provider which tests are needed, such as more mammogram views, ultrasound, or a biopsy.

