Finding Breast Cancer Early Could Save Your Life.

www.cancercare.mb.ca
The Facts about Breast Cancer!
• About 800 women in Manitoba are told they have breast cancer every year.
• About 200 Manitoba women die every year from this disease.
• As women grow older the chance of getting breast cancer increases.
• Research has shown that regular screening mammograms can lower deaths in women 50 to 69 years of age by 1/4.
• Most women with breast cancer do not have a family history of the disease.

What is the Manitoba Breast Screening Program?
• It is a program to check women ages 50 to 69 for early signs of breast cancer, even though they have no symptoms.
• It includes a breast x-ray (mammogram) and information on breast health.

What makes me eligible?
• You are a woman aged 50-69 years
• You do not have breast cancer
• You do not have breast implants
• You have no breast symptoms such as unusual lumps or bloody nipple discharge

What is a mammogram?
• A mammogram is an x-ray of your breasts. It can show most breast cancer 2 to 3 years before it can be felt.
• It uses very low, safe doses of radiation.
• It is the best way to detect early breast cancer.
How is it done?

A technologist will take two x-rays of each breast. Your breast is carefully pressed between two plastic plates in order to get a better picture and to lower the radiation dose. This is not harmful to the breast and each x-ray only takes a few seconds.

How does it feel?

• Most women find that having a mammogram does not hurt. Some find it uncomfortable and a few find it painful.

• If you have tender breasts try taking a mild pain reliever about an hour before your appointment.
How do I get ready for an appointment?

You will be asked to remove your clothing from the waist up and change into a gown. We suggest a two piece outfit so you only have to remove your top. The examination is done in complete privacy. **Do not wear deodorant, talcum powder or lotion under your arms or near your breasts as these can show up on the x-ray.** We are a scent free environment so please do not wear perfume.

What happens at the screening centre?

- A receptionist welcomes you.
- You will be asked to fill out a health questionnaire.
- A female x-ray technologist takes a mammogram of your breasts.
- You may then watch a video on breast health so you can learn about signs of and symptoms of the disease.
- Your visit at the screening centre will take about 30 minutes.

Can screening find all breast cancer?

No. About 2 out of every 10 breast cancers cannot be seen on a mammogram. That is why it is important to know how your breasts normally look and feel and see your doctor for a regular breast exam. If you find a lump or other changes in your breast before your next screening appointment, see your doctor right away!
When will I get my results?

- Within two weeks both you and your doctor will receive a letter telling you of your results.
- If there is anything seen during your screening that might need follow-up, your doctor will be told right away.
- About 5 to 7 women out of 100 will need more tests after their screening. This is a normal part of the screening process.
- After more tests, most women will have a normal result and should return to the program for their next screening.

Is there a charge?

No. The screening centres are funded by Manitoba Health.

How often should I be screened?

To find breast cancer early it is important to return for screening every two years or as recommended by the program or your doctor.

What if I’m under 50 or over 69?

You should talk to your doctor about the best breast health program for you.

Where do I make an appointment?

A doctor’s referral is not needed. You can simply call to make an appointment at one of the Breast Screening Centres listed on the next page.
Winnipeg: 5 - 25 Sherbrook Street
Winnipeg, Manitoba R3C 2B1
Telephone: (204) 788-8000 OR 1-800-903-9290

Thompson: Thompson General Hospital
871 Thompson Drive South
Thompson, Manitoba R8N 0C8
Telephone: 1-800-903-9290

Morden Winkler: Boundary Trails Health Centre
Jct. Hwy 3 & 14
Box 2000 Stn. Main
Winkler, MB R6W 1H8
Telephone: 1-800-903-9290

Mobile Locations: The mobile moves throughout Manitoba. For locations and to make an appointment call 1-800-903-9290