What is the Manitoba Breast Screening Program (MBSP)?
The MBSP is a population-based screening program operated by CancerCare Manitoba. The goal is to reduce breast cancer deaths by finding breast cancer at an early stage. Research shows that screening can reduce mortality from breast cancer by up to 25% in women 50 to 69 years of age. The Program provides mammograms every 2 years for all eligible Manitoba women.

What happens at the Program?
Women complete a short questionnaire about breast health, risk factors and sign a consent form authorizing sharing of results between health providers. They receive a mammogram, the opportunity to watch a DVD on reducing cancer risk and information on breast awareness including sign and symptoms. The visit takes about 30 minutes. We encourage women to get a regular clinical breast exam from their health care provider.

Who is eligible?
Women 50 years of age and older with no signs or symptoms of breast cancer such as lumps or nipple discharge, no breast implants, no previous diagnosis of breast cancer, and no mammogram in the last 12 months.

Where do women go to be screened?
The MBSP has 4 locations as well as a mobile service:
- Winnipeg: 5-25 Sherbrook St. - 788-8000
- Brandon: 620 Frederick St. - 578-2040
- Thompson: Thompson General Hospital 1-800-903-9290
- Winkler/Morden: Boundary Trails Health Centre, Junction of Hwy. 3 & 14, 1-800-903-9290
- Mobile – 90 locations. Call 1-800-903-9290 or look them up at www.cancercare.mb.ca/mbsp

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<tr>
<th>Patient age</th>
<th>MBSP Mammography recommendations and letters</th>
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<tr>
<td>Women age 50 to 74:</td>
<td>MBSP Screening mammograms are generally recommended every 2 years. The Program:</td>
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<td>• sends letters of invitation to women when they turn 50 years of age.</td>
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<td>• sends result letters to women and their primary care providers within 2 weeks.</td>
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<td>• sends recall letters to program participants every 2 years up to age 74.</td>
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<td>Women can also self refer.</td>
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<td>Some women are recalled yearly based on:</td>
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<td>• significant family related risk that considers number of diagnoses, age of diagnosis, male breast cancer.</td>
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<td>• pathological diagnosis of Lobular Carcinoma In-situ (LCIS) or Atypical Ductal Hyperplasia (ADH).</td>
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<td>• radiologist recommendation.</td>
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Women over age 74 should discuss risks and benefits with their primary care provider.
- Women will not be recalled by letter but can self refer.
- Women and their primary care provider will receive a result letter.
- Stopping screening should be considered when there are:
  - Co-morbidities and an expected lifespan of less than 5-10 years.
  - Physical limitation for mammography that prevents proper positioning.

Further Testing
About 5 to 6% of women will require further testing. This is part of routine screening and in most cases will confirm that cancer is not present. The MBSP refers women directly to a diagnostic centre* or further testing can be coordinated by the primary care provider. Direct referral by the Program can reduce the time to diagnosis. One or more of the following may be recommended: diagnostic mammogram, ultrasound, stereotactic core biopsy, surgical consultation.

Every effort is made to minimize a woman’s anxiety about further testing. Information is provided in pamphlets, letters and by phone. Primary care providers are notified of abnormal results before the woman so they are ready to answer questions.

MBSP staff encourage primary care providers and women to call the Program if they have any questions.

Most women (91%) whose mammogram shows that further tests are needed will not have cancer. These women can return to routine screening at the MBSP.

The MBSP obtains the results of all follow-up testing by contacting the diagnostic facility or the primary care provider. This is to ensure that all women receive the appropriate recommended tests and that screening outcomes such as cancer detection rates can be measured. In Manitoba, breast cancer mortality has been reduced by 24% in women who attended the program.
What are the limitations of screening?
Possible limitations of screening include anxiety about further testing, pain, radiation exposure, over diagnosis and missed cancers.

Women can find mammograms painful. The MBSP asks women to rate the discomfort of a mammogram on a scale of 0 to 10 with 10 being the worst and 0 being no pain. About two thirds of women rate the discomfort a 5 or less.

Mammography involves exposure to radiation. The amount of radiation received from a screening mammogram is almost the same as that received over 3 months from usual surroundings. Studies show that the hypothetical risk of a new cancer starting due to radiation to the breast from breast screening mammography is extremely low. The benefits of early diagnosis and treatment of breast cancer outweigh the small radiation risk for women over the age of 50.

Screening can result in over diagnosis and over treatment of cancers which may not otherwise have become apparent during a woman’s life time. Additionally, not all breast cancers found through screening can be cured.

Up to 20% of breast cancers in women age 50 to 69 may be missed by mammography. This is why regular screening and awareness of breast cancer signs and symptoms are important. A recent negative mammogram should not be used to reassure a woman if symptoms subsequently appear.

The role of primary care providers:
Primary care providers have an important role to play in the early detection of breast cancer. They can provide information to women about the benefits and limitations of screening mammography so an informed choice can be made. Your recommendation can make a difference in encouraging women to attend. Provide a regular clinical breast examination and encourage breast awareness.

What are the Mammography recommendations for individuals not seen at the MBSP?

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<th>Women age 40 or under</th>
<th>• Screening mammograms not routinely recommended.</th>
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<tr>
<td>Women 40 to 49 years of age</td>
<td>• Screening mammograms not routinely recommended but risks and benefits of screening should be discussed and referral made to a diagnostic centre* if appropriate.</td>
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<td>• Women with significant family history can be referred to a diagnostic centre* and are also accepted at a MBSP rural and northern mobile site with referral.</td>
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<td>• MBSP does not send letters and does not accept women under age 50 at fixed screening sites or Winnipeg mobile sites.</td>
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<td>Symptomatic - any age</td>
<td>• Refer to a diagnostic centre* for mammogram, ultrasound and/or surgical consultation. If a mammogram is negative in the presence of a palpable abnormality send for further assessment.</td>
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<td>Women with implants</td>
<td>• Age 49 and younger: discuss risk and benefits of screening younger women, their need for mammograms and refer to a diagnostic centre* if appropriate.</td>
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<td>• Age 50 and over: refer to a diagnostic centre* for a mammogram.</td>
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<td>Confirmed BRCA gene mutation</td>
<td>• Consult with the WRHA Breast Health Centre or breast specialist as monitoring will vary depending on age, gender and personal history of breast cancer.</td>
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<td>Women who have had a breast cancer diagnosis</td>
<td>• Refer to a diagnostic centre* for mammogram or other follow up as recommended.</td>
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* There are 7 diagnostic centres in Manitoba that provide diagnostic mammograms. Physician referral is required.

Additional resources:
The WRHA Breast Health Centre:
Phone: 235-3906, Toll Free 1-888-501-5219
www.wrha.mb.ca/community/bhc/index.php
Assessment centre for women and men of all ages who have signs and symptoms of breast cancer.

The CCMB Breast Cancer Centre of Hope:
Phone: 788-8080, Toll Free 1-888-660-4866
www.cancercare.mb.ca/hope
Information and support centre for all women and men with or concerned about breast cancer and the people who care for them.

CancerCare Manitoba:  Phone: 787-2197
www.cancercare.mb.ca/home/health_care_professionals/
Manitoba information on cancer treatment and primary care provider resources.

Canadian Cancer Society’s Cancer Information Service
Toll Free 1-888-939-3333, 9am–6pm, Monday–Friday
www.cancer.ca  Anyone can call for information about cancer.

Public Health Agency of Canada:
www.publichealth.gc.ca/decisonaids
Information on Mammography for women age 40 and older:
A Decision Aid for Breast Cancer Screening in Canada

For additional resources or information contact:
Manitoba Breast Screening Program
25 Sherbrook Street, Unit 5, Winnipeg Manitoba R3C 2B1
Telephone: 788-8633 or 1-800-903-9290 Fax: 788-1594
www.cancercare.mb.ca/mbsp/ or www.cancercare.mb.ca/breasthealthresources