

# BREAST

"I'm not feeling well..."  
 "I was asked to talk to a doctor about my screening test results..."  
 "I should ask my doctor about this... (lump, pain, change in my body...)"

## CANCER NAVIGATION SERVICES

- Works closely with you, your family, your primary care and cancer care team to help and support you during your cancer journey.

## WRHA INDIGENOUS HEALTH

- Available to CancerCare patients
- Translation/language interpretation
- Resource Coordination
- Discharge Planning
- Spiritual/Cultural Care
- Advocacy
- Patient Resources

# Cancer Journey

### 1 Appointment

Talk to your local health care provider (family doctor, nurse practitioner, nursing station, walk-in clinic).

You may have to travel at this point.

### 2 Tests

May include: mammogram, ultrasound, and/or biopsy

WITHIN WEEK

2

### 3 Results

May be provided by a family doctor, surgeon or another specialist.

WITHIN WEEK

3

### 4 Meet to Discuss Treatment

May consult with surgeon, oncologist, or a medical specialist.

WITHIN WEEK

5

### 7 Ongoing Care

- Ongoing treatment
- Transition to primary health care provider
- Recovery and regular follow-up
- Other supports and services

### 6 Treatment

- May include:
- Surgery
  - Chemotherapy
  - Radiation
  - Palliative care / symptom control and comfort
  - Traditional treatment
  - Complimentary / alternative treatment

Part of your treatment may include monitoring to determine if other treatment(s) is/are necessary.

### 5 Monitor

Watchful waiting

WITHIN WEEK

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Your patient guide has more information. Please contact Patient & Family Support Services to get a copy.

Patient & Family Support Services  
 (204) 787-2109

Visit [cancercare.mb.ca](http://cancercare.mb.ca) to learn more about us.

For other inquiries, including CancerCare Manitoba Cancer Navigation:

Cancer Navigation Services  
 1-855-837-5400 or  
[www.cancercare.mb.ca/navigation](http://www.cancercare.mb.ca/navigation)

WRHA Indigenous Health  
 1-877-940-8880

