

## Cancer

There are many words for cancer. Munchoose, munny-choosh, maanichoosh, and saabkeshii are some of the words used in First Nations languages when talking about cancer. Traditionally it is understood as a bug or spider that is always moving, hiding, and finding ways to start growing without being found. It starts off as a tumor, eventually cracks like an egg and breaks away moving rapidly throughout the body looking for a new home. Screening tries to find cancer early before it spreads.

## How our health grows like a tree

We are all like trees. If we are planted in good soil, have plenty of water and nutrition, and feed our souls we can strive to be healthy and strong. Having a healthy lifestyle and making positive choices for mind, body, and soul is about the individual.

Screening is part of a healthy lifestyle. As with the tree, if we find disease early and treat it, the impact is less crippling. We

## Who can I call for support?

If you have questions or concerns please know that you are not alone. The following programs have people who can help you:

### **BreastCheck, CCMB**

5-25 Sherbrook Street  
Winnipeg, MB R3C 2B1  
Health Educator  
Phone: (204) 788-8353 or  
Toll Free: 1-800-903-9290  
[BreastCheckmb.ca](http://BreastCheckmb.ca)

### **First Nations, Metis & Inuit Cancer Control, CCMB**

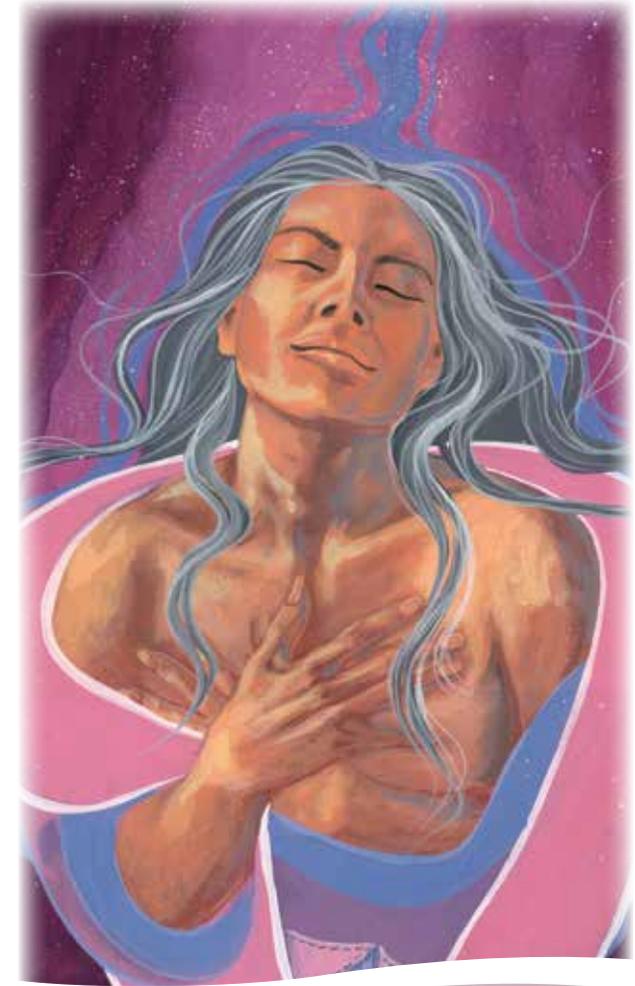
ON1210 675 McDermot Avenue  
Winnipeg, MB R3E 0V9  
Patient Access Coordinator  
Phone: (204) 787-4986 or  
Toll Free: 1-855-881-4395

### **CancerCare Manitoba Breast and Gyne Cancer Centre of Hope**

691 Wolseley Avenue  
Winnipeg, MB R3G 1C3  
Breast Cancer Navigator  
Phone: (204) 788-8080 or  
Toll Free: 1-888-660-4866  
[cancercare.mb.ca/Hope](http://cancercare.mb.ca/Hope)

### **Manitoba Cancer Navigation Services** (Toll Free)

Interlake-Eastern RHA 1-855-557-2273  
Prairie Mountain Health 1-855-346-3710  
Southern Health-Santé Sud 1-855 623-1533  
Northern RHA 1-855-740-9322  
Winnipeg Navigation Services 1-855-837-5400



# Supporting You After Your Mammogram

## Listen to your inner spirit... Love yourself – look after your body.

Be proud of yourself for choosing to take care of your body by having a screening mammogram. This brochure will help to answer questions about what comes next.

Some women may worry while they wait for the results of their mammogram. This is normal. But try not to overwork your mind, body, and soul.

### When will I get the results of my mammogram?

Within two weeks of your screening appointment, both you and your health care provider will get a letter in the mail with the results of your mammogram. If you do not receive your results please call BreastCheck toll free at 1-800-903-9290.

### What do the results mean?

A *normal* result means that your breasts look healthy. Most women who have a normal result are asked to return to BreastCheck in two years for another screening mammogram. You will get a letter from BreastCheck when it is time to come back.

An *abnormal* result means there are changes in your breasts that need to be looked at more closely. If you have an abnormal result on your screening mammogram you will need to have more tests. BreastCheck or your health care provider will make the appointment for you and call to talk with you about what to expect.

It is important to know that most women who have to go for more tests will **not** have breast cancer and will be able to return to BreastCheck for their next screening appointment. Try to stay positive.

### What tests might I need?

Most women who have an abnormal result on their screening mammogram will need to have a diagnostic mammogram or an ultrasound (to take more images of the breast tissue). A small number of women will need to have a biopsy (to take a small sample of breast tissue for testing).

If you live in rural or northern Manitoba, you will have to leave your community to have these tests. This might be scary. CancerCare Manitoba can help you through this process. Contact information for people who can support you is on the back panel of this brochure.

There may also be resources in your community for information and support. The Nurse in Charge, a Community Health Worker, a respected Elder, or a breast cancer support group may be able to help you.

### What do I do for my breast health between visits?

Be aware of how your breasts normally look and feel. You know your body better than anyone else. Talk to your health care provider if you notice a change in your breasts.



### What if there is a lot of cancer in my family?

If your mother, sister, or daughter was diagnosed with breast cancer before the age of 50, or if you have several family members who have had breast cancer, you might be at a higher risk of developing breast cancer. You might need to start screening before age 50 or you might need to be screened more often. Talk with your health care provider about the screening schedule that is right for you.