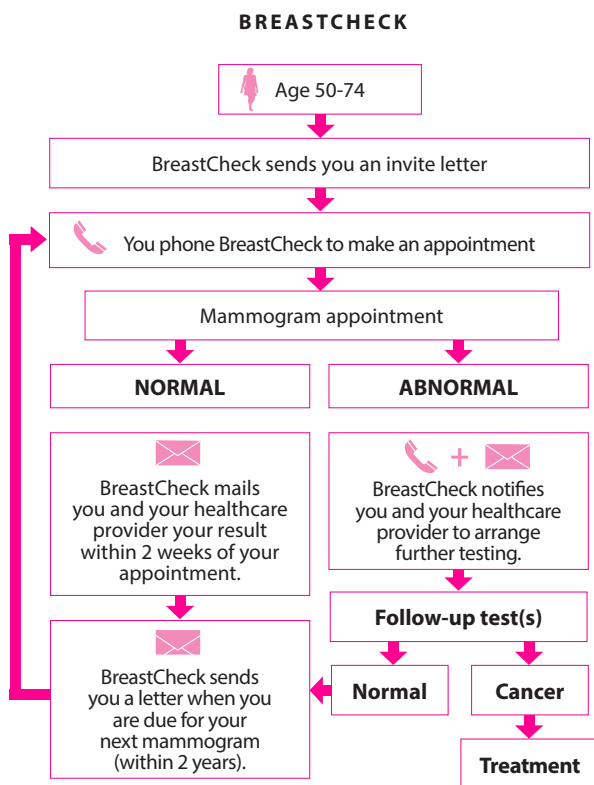
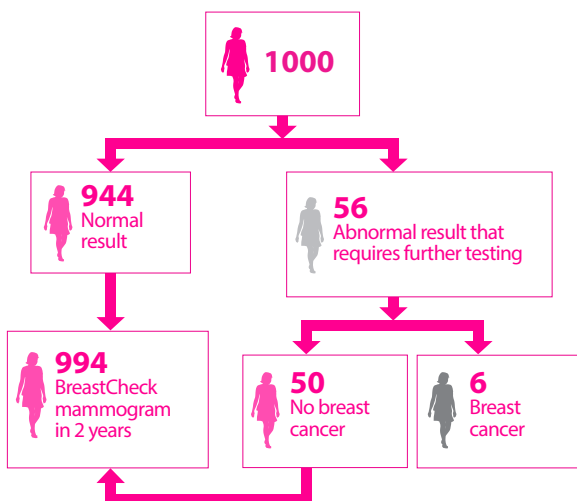


What you need to know about reducing your risk of dying from breast cancer.



Out of 1,000 clients screened at BreastCheck, about 90-95% will have a normal result.



BreastCheck Facts

Most women 50 to 74 years of age should have a screening mammogram every 2 years. Trans men and women may need regular mammograms.

Regular screening mammograms can find breast cancer early and reduce your risk of dying from breast cancer. Talk with your healthcare provider or BreastCheck about your individual risk for breast cancer.

What is breast cancer?

Breast cancer happens when too many cells grow in one area of the breast and form a mass. It is the most common cancer diagnosed in Canadian women.

When breast cancer is found early, there may be more treatment options and a better chance of a cure. **Regular screening mammograms are the best way to find breast cancer early.**

QUICK FACTS

- 8 out of 10 breast cancers occur in women age 50 or older.
- Regular mammograms can find breast cancer 2 to 3 years before it can be felt by you or your doctor.
- Only 10% of women diagnosed with breast cancer **have** a family history of breast cancer.
- Every year 900 Manitoban women are diagnosed with breast cancer and 200 will die from the disease.

What can I do to decrease my risk of dying from breast cancer?

1 Get checked

Mammograms are the best way to find breast cancer early. When found early, there may be more treatment options and a better chance of a cure.

Who should get checked?

Most women 50 to 74 years of age should have a screening mammogram every 2 years. Trans men and women may need regular mammograms. Talk with your healthcare provider about your individual risk for breast cancer.

What is a mammogram?

A mammogram is an x-ray of the breast tissue. An x-ray is a type of radiation that can pass through the body and is used to make an image of tissue and bones.

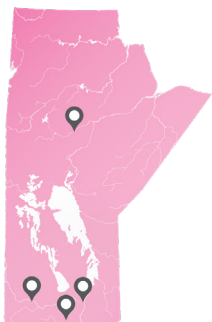
Am I at risk for breast cancer?

The causes of breast cancer are not known. However, there are many things that can increase your risk. **The most common risk factors for breast cancer are:**

- ▶ being female, and
- ▶ being over age 50.

How can I get checked?

BreastCheck has four screening clinics (Winnipeg, Brandon, Thompson, and Morden/Winkler) which accept appointments year-round and two mobile clinics that travel to nearly 90 rural and northern communities on a two-year cycle.



Visit [GetCheckedManitoba.ca/map](https://www.getcheckedmanitoba.ca/map) to find the closest clinic to you and when the mobile will be in your area.

Call BreastCheck at **1-855-95-CHECK** to book an appointment at any location.

On the day of your appointment:



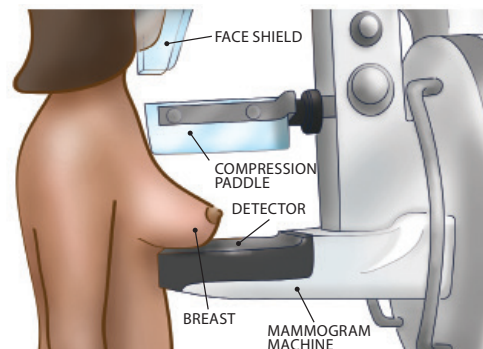
Wear a two piece outfit.



Do **not** wear deodorant, talcum powder or lotion on your breasts or underarms.

What can I expect at my mammogram?

- ▶ A mammogram appointment takes between 10 and 20 minutes.
- ▶ A female technologist will ask you some health questions.
- ▶ You will need to remove your top and bra for the mammogram.
- ▶ A mammogram image shows the detail of your breast tissue from two different angles.
- ▶ During your mammogram:
 - Each breast is positioned between two plastic plates on a mammogram machine.
 - The plates are pressed together to flatten your breast. This is called compression. You may have discomfort, but know that it only lasts for a few seconds.
- ▶ Breast compression:
 - is not harmful to your breasts.
 - is used to get a clear image of the breast tissue.
 - reduces the amount of radiation needed for the mammogram.
 - is tolerable for most clients.



The technologist will check the quality of your mammogram images to be sure that the radiologist (doctor who reviews images) can read them. You may be asked to repeat an image if it is blurry, or the breast needs to be repositioned. This will usually be done before you leave the mammogram room.

What are the potential benefits and potential harms of regular breast cancer screening?

For most women age 50-74, the benefits of regular mammograms outweigh the harms.

The **potential benefits** of regular screening mammography include:

- ▶ 20-30% fewer women will die from breast cancer.
- ▶ finding breast cancer at an earlier stage.
- ▶ better treatment options.
- ▶ a better chance of survival or cure.

Some of the **potential harms** of regular screening mammography include:

- ▶ anxiety and discomfort from the test and/or follow-up test(s).
- ▶ low dose radiation exposure.
- ▶ not seeing a breast cancer.

What can I expect after my mammogram?

- ▶ You may experience redness or bruising; this usually disappears in a few days.
- ▶ Rarely, there may be some tearing of the thin skin under the breast.
- ▶ If you experience problems that do not go away after a few days, please see your healthcare provider.
- ▶ If you have any questions about your appointment or your results you can contact BreastCheck.

In the days after your mammogram, a radiologist will look at your mammogram images. Within 2 weeks of your mammogram, both you and your healthcare provider will receive your results. Results will be either normal or abnormal.

While a mammogram is the best way to find breast cancer early, it does not find all cancers. It is important to know how your breasts normally look and feel so you can notice changes between mammogram appointments. See your healthcare provider if you notice any changes.

RESULT	WHAT IT MEANS	WHAT BREASTCHECK WILL DO
Normal	No abnormalities were found in the mammogram images	Send you and your healthcare provider a result letter within 2 weeks. Send you a letter in 2 years to remind you to book your next mammogram.
Abnormal	Your mammogram images(s) showed something that the radiologist wants to examine further with follow-up test(s)	Within 2 weeks: <ul style="list-style-type: none"> • contact you by phone with your result and follow-up test appointment information • send you and your healthcare provider a letter with your result, and follow-up test(s) information The next test(s) will be at a diagnostic imaging centre in Winnipeg, Brandon, Thompson, or Morden/Winkler. Most clients who go for further tests will not have breast cancer.

What follow-up tests might I need?

Most clients who need further tests will have either a:

- ▶ diagnostic mammogram, and/or an
- ▶ ultrasound.

Other follow-up tests may include:

- ▶ biopsy,
- ▶ magnetic resonance imaging (MRI), and/or
- ▶ surgical consultation.

RADIATION

Radiation is the way energy moves from one place to another. Radiation is found all around us - the sun, the ground and even rocks give off radiation. A mammogram uses a low dose of radiation. The dose of radiation from a mammogram is about the same as going on a 5 hour flight. Research shows that the risk of developing and dying from a cancer caused by the radiation from a mammogram is extremely low.



What is normal for my breasts?

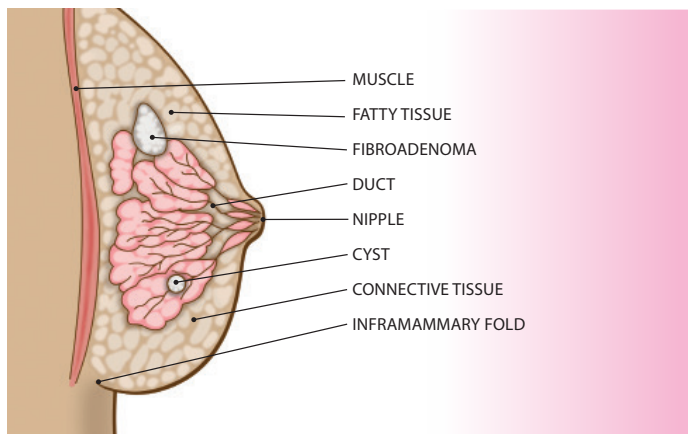
Breast tissue extends across your chest from the underarms. Breast tissue can feel very lumpy because of fatty and non-fatty tissues that give the breast support and shape. Most of the time, lumps in the breasts are part of normal tissue.

It is important to know how your breasts normally look and feel so you can notice changes.

Breasts go through many changes over your lifetime. Factors that can change the lumpiness or way your breasts feel include age, hormone levels, and breast-feeding. For example, as a woman ages, the balance between the amount of fatty and non-fatty tissue changes. With age, breasts have more fatty tissue.

Cysts and fibroadenomas are common lumps felt in the breast that do **not** cause breast cancer:

- ▶ a cyst is a pocket of fluid.
- ▶ a fibroadenoma is a solid lump of normal breast tissue.



It is important to know how your breasts look and feel.

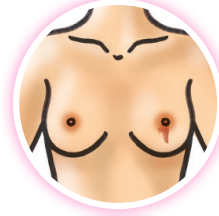
See your healthcare provider if you notice any of the changes listed below that are **not normal for you, and last **more than a few days**.**



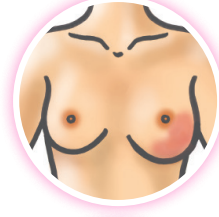
Puckering of the skin



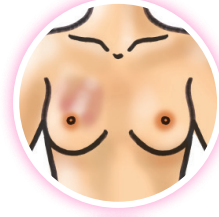
A change in the nipple



New or bloody discharge



Change in the size, shape or colour



Thickened hard skin



A new lump

Your healthcare provider will examine your breasts and determine if you need further testing.

Most lumps or changes are not cancer.



Maintain a healthy weight.



Eat well.



Be physically active.



Limit the amount of alcohol you drink.



Be smoke-free.

Visit **GetCheckedManitoba.ca** for more information about:

- ▶ screening mammograms,
- ▶ testing after a screening mammogram,
- ▶ potential benefits and potential harms of screening mammograms,
- ▶ screening locations,
- ▶ colon cancer screening (ColonCheck), and
- ▶ cervical cancer screening (CervixCheck).

PRIVACY & PERSONAL HEALTH INFORMATION

CancerCare Manitoba collects personal health information in order to administer the BreastCheck, ColonCheck, and CervixCheck cancer screening programs. Personal health information is provided to CancerCare Manitoba by Manitoba Health, Seniors and Active Living (MHSAL), by healthcare agencies, and/or by healthcare facilities, as authorized by clause 22(2)(g) of the Personal Health Information Act (PHIA). Personal health information may be used by CancerCare Manitoba to invite Manitobans to be screened for cancer, remind individuals and their primary care providers when individuals are due for screening or follow-up, advise people or their healthcare provider of test results, and conduct quality assurance and performance monitoring of the cancer screening programs. All personal health information is collected, used, disclosed and retained in a secure manner. If you have any questions regarding the collection, use, disclosure or storage of your personal health information by CancerCare Manitoba for the purposes of these programs, contact the CancerCare Manitoba Privacy Officer at 204-787-2266 or the MHSAL Legislative Unit at 204-788-6612.

Contact us:

- To book a mammogram appointment
- To get more information about breast cancer screening
- For information about your results and follow-up testing

Where can I get more information?

- GetCheckedManitoba.ca
- CanadianTaskForce.ca
- Public Health Agency of Canada
phac-aspc.gc.ca

Get  **CheckedManitoba.ca**

1-855-95-CHECK

Interpreter services available.

BreastCheck@cancercare.mb.ca

Veillez nous contacter pour obtenir ces renseignements en français.