

1

BreastCheck Mammogram

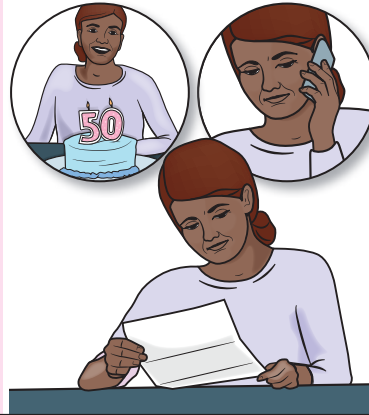
Most women age 50-74 should have a screening mammogram every 2 years to help find cancer at an early stage. Trans men and women may need regular mammograms.



2

Jane is 50 years old. BreastCheck invites Jane to have a **screening mammogram**.

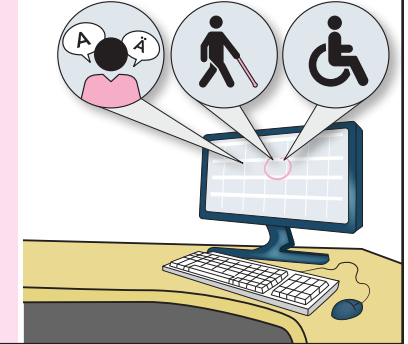
Jane calls BreastCheck to make a mammogram appointment.



3

Jane tells BreastCheck if she needs:

- ▶ help to move her body.
- ▶ an **interpreter**.



4

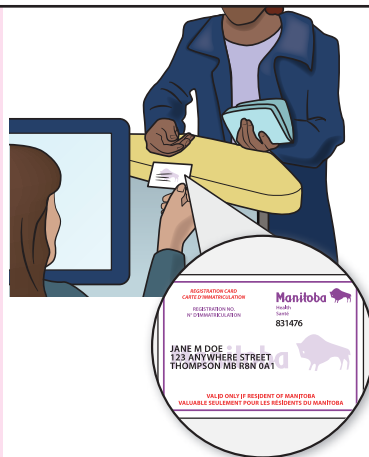
On the day of the appointment Jane should:

- ▶ wear an outfit with a top and bottom
- ▶ not wear deodorant, powder or lotion



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Jane brings her **Manitoba Health Card** to BreastCheck on the day of her appointment.



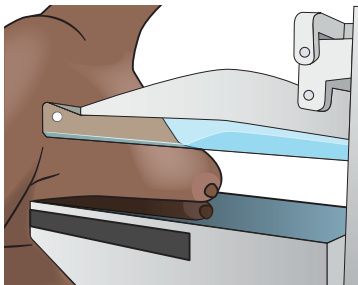
6

The **mammogram technologist** asks Jane some health questions.



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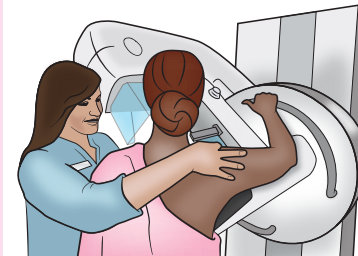
To do Jane's mammogram, the mammogram technologist will place one **breast** at a time between two plates on the mammogram machine. The plates press together (compression). Four x-ray pictures are taken.



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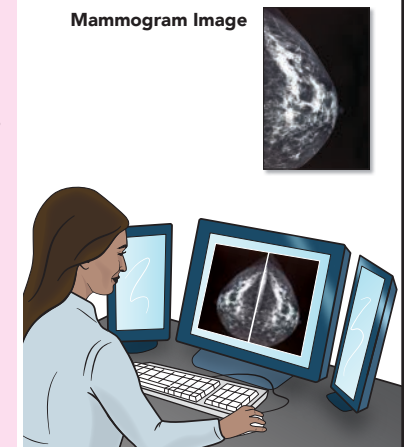
Compression:

- ▶ is used to get a clear image of the breast tissue
- ▶ lasts for a few seconds
- ▶ can be uncomfortable



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A **radiologist** will look at Jane's mammogram images for changes that suggest breast cancer.

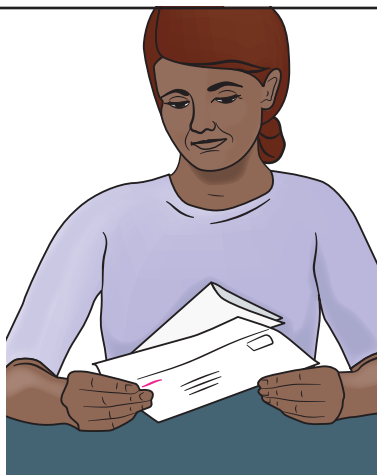


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Jane's result will be either:

- **normal**, or
- **abnormal**

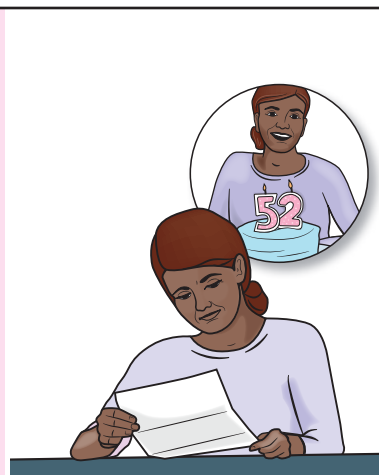
The result will come by letter in the mail or by phone call.



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Normal result:

BreastCheck will invite Jane for another screening mammogram in 1-2 years. **Most mammogram results are normal.**

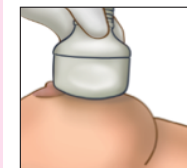


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Abnormal result:

BreastCheck will ask Jane to have a follow-up test like an ultrasound or diagnostic mammogram.

If breast cancer is found, Jane will need to go for cancer treatment.



Ultrasound



Diagnostic mammogram

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All women should:

1. know what looks and feels normal for their breasts.
2. call their doctor if they have any of these signs or symptoms:



Puckering of the skin



A change in the nipple



New or bloody discharge



Change in the size, shape, or colour



Thickened hard skin that feels different than the rest of the breast tissue

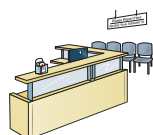


A new lump

VOCABULARY



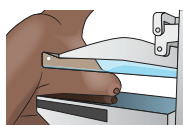
Breast: Part of a woman's body where a baby can get milk.



BreastCheck, CancerCare Manitoba: The breast cancer screening program in Manitoba.



Cancer: An illness in the body that can make you sick and/or lose your life.



Compression: Pressing the breast between two plates to take a mammogram image.



Gown: A light jacket worn at the mammogram appointment.

VOCABULARY



Interpreter: A person who can help you communicate in your preferred language.



Mammogram Technologist: A woman who is trained to take breast x-rays.



Manitoba Health Card: A card that allows you to have health care for free.



Radiologist: A doctor who looks at breast x-rays (mammograms) to find problems with the breast.



Screening Mammogram: An x-ray of the breast that can find cancer at an early stage.

1-855-95-CHECK (1-855-952-4325) | screening@cancercare.mb.ca



Interpreter services available.

Veuillez nous contacter pour obtenir ces renseignements en français