

## Manitoba's In Sixty Cancer Action

Diagnostic Imaging is just one of the steps to test someone to see if they have cancer or not. We are working hard to ensure all patients receive a faster diagnosis. Manitoba Health, CancerCare Manitoba, Diagnostic Services Manitoba, Regional Health Authorities, and private imaging clinics are working in partnership to quickly move from suspicion of cancer to first treatment, if needed, in sixty days or less.



Thank you to the CancerCare Manitoba BreastCheck program for providing some of the information contained in this brochure.

For information about Manitoba's

In Sixty Cancer Action, visit [www.insixty.ca](http://www.insixty.ca)

In addition to talking with your family doctor, you can get more information on breast health, breast cancer, and support services at:

### BREAST CANCER CENTRE OF HOPE

within Winnipeg  
Toll-free

204-788-8080  
1-888-660-4866

Information, support and resources to assist specifically with understanding breast health, breast cancer, making treatment decisions, and coping.

- 1 Talk with the Breast Cancer Nurse Navigator
- 2 Attend education sessions
- 3 Speak to a volunteer who has had a similar breast cancer experience
- 4 Find helpful information in the lending library

The centre recommends making an appointment to meet with the Breast Cancer Navigator.

### REGIONAL CANCER NAVIGATION SERVICES

Cancer Navigation Services (Nurse Navigators and Psychosocial Oncology Clinicians) at the Regional Cancer Program Hubs. Toll-free numbers:

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

[http://www.cancercare.mb.ca/home/patients\\_and\\_family/patient\\_and\\_family\\_support\\_services/](http://www.cancercare.mb.ca/home/patients_and_family/patient_and_family_support_services/)

### FIRST NATIONS, INUIT, MÉTIS CANCER CONTROL

Patient Access Coordinator 1-855-881-4395

### BREAST HEALTH CENTRE

Referral Assessment Nurse

within Winnipeg  
Toll-free

204-235-3252  
1-888-501-5219

<http://www.wrha.mb.ca/community/bhc/>



## DIAGNOSTIC BREAST EXAMS: What to Expect



In Manitoba, about 40,000 diagnostic mammograms and over 8,000 breast ultrasounds are performed yearly.

After an initial diagnostic imaging test (often a mammogram), some women will need more tests to take a closer look at the breast. Of the women who do go for extra tests, most will not have breast cancer.

### What is a Mammogram?

A mammogram is an x-ray of the breast(s). The x-ray image is taken after carefully pressing the breast between two plastic plates, called compression. The test uses very low doses of radiation and only takes a few seconds for each image. Compression is necessary to get the best image possible but may cause some pain/discomfort.



mammogram

### What happens after my test?

A radiologist (x-ray doctor) will review your mammogram/ breast ultrasound images. They look to see if your test is normal. If you need more tests, it does not mean you have breast cancer.

If you need other tests, you will be called by the diagnostic centre to make an appointment. You will be told if there is anything you need to do to get ready for the test. **You will not have to return to your health care provider before going to this next test, but you should contact them if you have questions or concerns.**

### If I need more tests, what should I do?

It is important to have the extra tests done as soon as possible. You may have to change your own schedule to get these tests done.

Benign (not cancer) breast changes are the most common reason for abnormal results.

### What other tests could I need?

Additional tests can be requested to take additional views or magnify a specific area.

A **breast ultrasound** uses sound waves to create a picture of your breast. It can help to see the difference between a cyst (harmless pockets filled with fluid) and other kinds of abnormal (not normal) lumps.

Some women will need a **biopsy**, which removes a small piece of breast tissue. The tissue is sent to a lab and examined under a microscope by a Pathologist (physician who studies body fluids and tissues). They will give a report to say if there is cancer or not cancer (diagnosis). The report is sent to your health care provider and the radiologist who performed the biopsy in about one week.



breast ultrasound

### How will I get my test results?

In some cases, whether you have a cancer or not, a surgical consultation will be arranged to discuss removal of a lump and/ or options for treatment. If you have a biopsy, make an appointment with your health care provider to review your results, 7-10 days after the procedure.

If you feel anxious or have more questions at any time during testing or diagnosis, refer to the back of this brochure to find support contacts in your area, or talk to your family doctor.

### What if my follow up tests find cancer?

Your health care provider will receive the results and help to arrange your care. Early detection of cancer and intervention can give you a better chance for simpler treatment and cure.