

## What should I do in between my mammogram appointments?

Although your mammogram is the most effective screening tool for breast cancer, it is important to be aware of changes in your breasts:

- Have a yearly clinical exam of your breasts by your health care provider
- Check your breasts regularly for unusual changes

## What unusual changes should I be aware of?

- New lump in breast or armpit
- Nipple turned inward (if it is not usually turned inward)
- Crusting, bleeding or a rash on nipple
- Nipple discharge
- Dimpling or thickening of skin

Screen Test will send you a reminder when your next mammogram is due. It is important to return for your next mammogram.

## Who can I contact if I want to book an appointment or if I have further questions?

### Edmonton

Tel 780-643-4678

311 KINGSWAY GARDEN MALL  
109 ST AND PRINCESS ELIZABETH AVE  
EDMONTON, AB T5G 3A6  
Fax 780-643-4679

### Calgary

Tel 403-355-3232

2202 2ND STREET SW  
CALGARY, AB T2S 3C1  
Fax 403-355-3287

### For Long Distance Or Mobile Mammography Services Call

1-800-667-0604

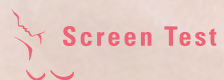
For more information about screening mammograms, visit the Screen Test web site [screeningforlife.ca/screentest](http://screeningforlife.ca/screentest)

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FOR LIFE.CA**

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## Your Screen Test Appointment

Your appointment at Screen Test will take approximately 45 minutes. Every effort will be made to make it as comfortable as possible.



## How do I prepare for my Screen Test appointment?



The day of your appointment, do not use any anti-perspirant, deodorant, or talcum powder. Wear an outfit in which the top and bottom are separate, so that you will only have to remove the clothing from your waist up.

## What can I expect at my Screen Test appointment?

### Questionnaire

When you arrive at Screen Test, you will be asked to fill in a brief questionnaire, which asks for information about your medical and family histories. This information helps Screen Test to keep track of your breast cancer risk.

Privacy and confidentiality  
are ensured in all  
Screen Test clinics.

## The Screening Mammogram

A screening mammogram is an x-ray of your breasts. A female technologist will ask you if you have noticed changes in your breasts and if you have had previous mammograms or breast surgery.

Four x-rays will be taken, one from the top and one from the side of each breast. For each x-ray, a paddle will be lowered over the breast to compress and flatten it. This compression will last only for a few seconds. This compression allows the x-ray to be taken with as little radiation as possible. Some women find the breast compression uncomfortable but it should not be painful. If you feel pain, tell the technologist and she will stop.

### Quality Check

Once the mammogram is done, the technologist checks the quality of the x-rays. Sometimes an x-ray needs to be re-done to be sure that the best pictures are taken. In some cases, you may be recalled back to Screen Test.



## What happens after my mammogram?

The technologist will let you know when the x-rays have been checked and you can leave. A radiologist will read your mammogram and report the result.

## When will I get my results?

Within two weeks of your appointment, you and your doctor will receive your mammography results by mail. Most women will have normal results. For approximately 5% of women, an abnormality is detected and more tests are needed.

### Normal Results

Most women will be asked to return in two years for their next screening mammogram. Some women will be asked to return in one year. This return visit is even more important than your first mammogram. The radiologist compares current and earlier mammograms to look for changes; this is key to finding cancer at its earliest stage.

### Abnormal Results

The majority of women with abnormal test results do not have cancer. There are many reasons for abnormal results, such as cysts or non-cancerous lumps. At this point, an abnormal result only means that further tests are needed. Contact your physician right away. Screen Test provides your physician with detailed information on the follow-up tests that are appropriate for you. Common tests include diagnostic mammograms and ultrasound. Some women may require a biopsy.