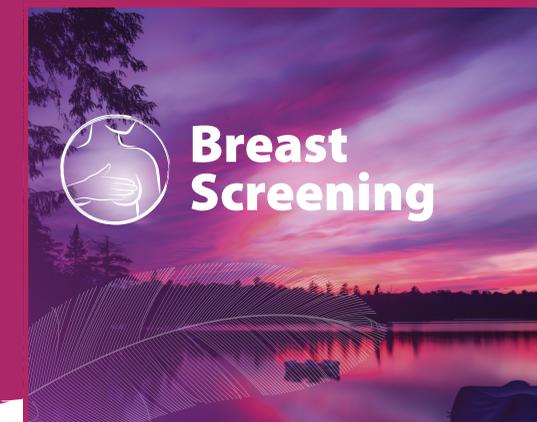




Breast Screening

Breast Screening



Screening

Most women between the ages of 50 to 74 can have a mammogram every 2 years.



Most women can make their own appointment without a referral to the Ontario Breast Screening Program (OBSP) in their area.

First Nations women require a requisition when Non-Insured Health Benefits (NIHB) travel is to be arranged.

Women between ages 30 to 69, who are deemed high risk through genetic testing or have close family members with breast cancer, can get a mammogram and breast MRI once a year through a High Risk OBSP site.

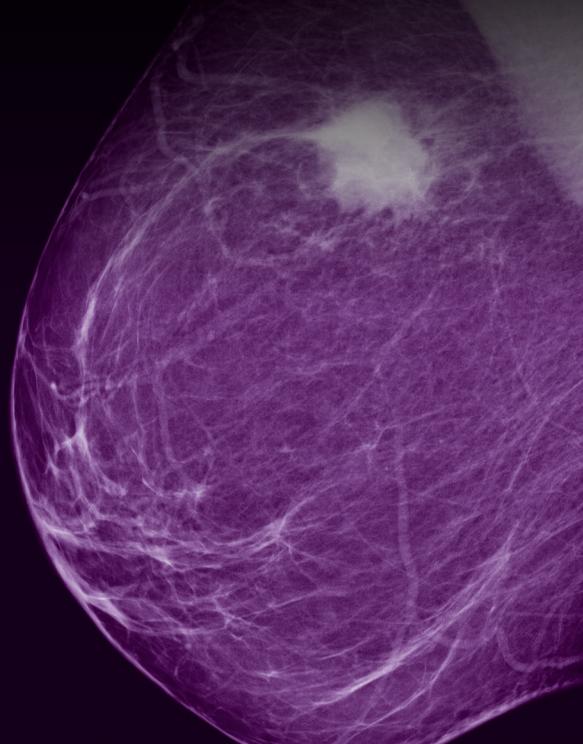


Breast Screening Tests



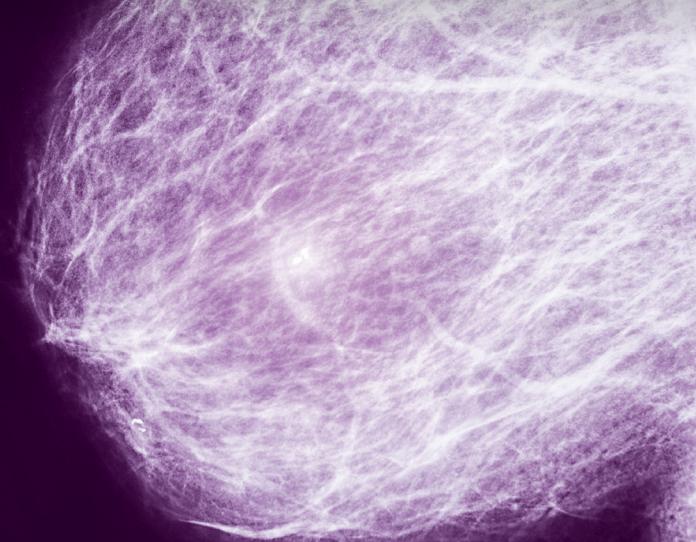
Mammogram

X-rays of the breast.



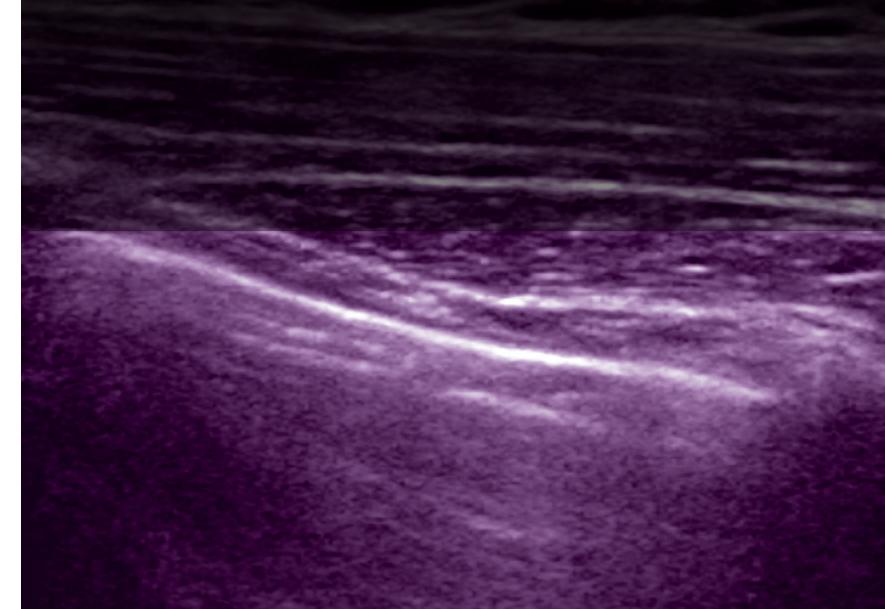
MRI

Uses radio waves and a magnetic field to create cross-sectional images of the breast.

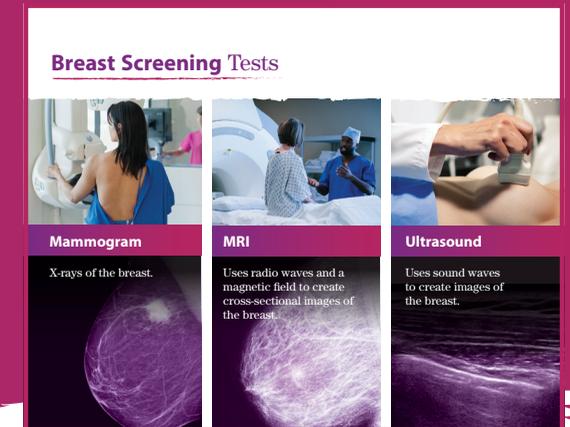


Ultrasound

Uses sound waves to create images of the breast.



Breast Screening Tests



Types of Tests

There are different tests to help find breast cancer. The appropriate test depends on your risk level.

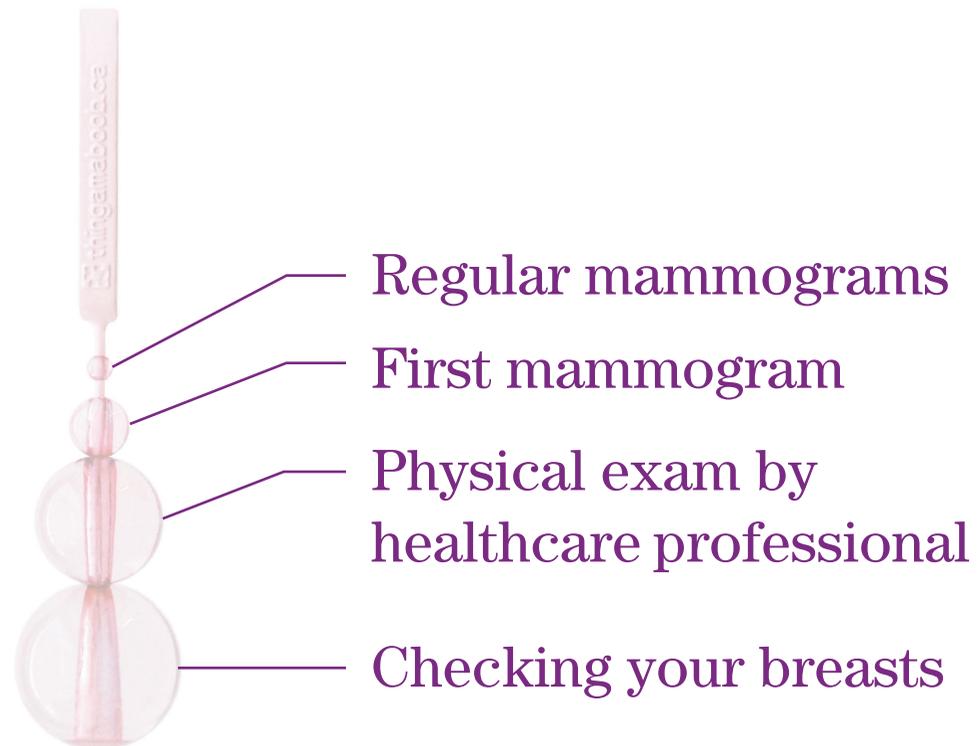
Mammogram: A test that uses X-rays to create images of the breast. Screening mammography can find breast cancers when they are small, less likely to have spread and more likely to be treated successfully.

Breast Magnetic Resonance Imaging (MRI): A test that uses radio waves and a magnetic field to create cross-sectional images of the breast. Most of the time, women getting breast MRI scans need to be injected with a dye to make the images clearer.

Breast Ultrasound: A test that uses sound waves to create images of the breast. This is often used to assess an abnormality on mammography or MRI or if a woman has a symptom related to her breasts.

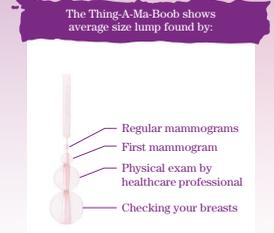
Size of Breast Lumps

The Thing-A-Ma-Boob shows average size lump found by:



Finding Breast Lumps

Size of Breast Lumps



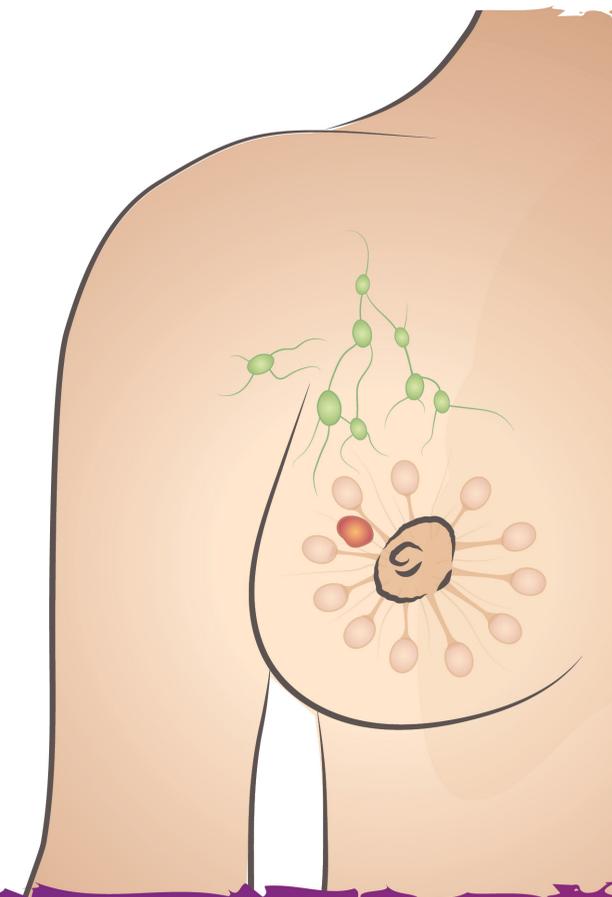
Mammograms can find lumps you can't feel.

When women find lumps, they are usually found a lot bigger than the lump size that can be found with a mammogram.

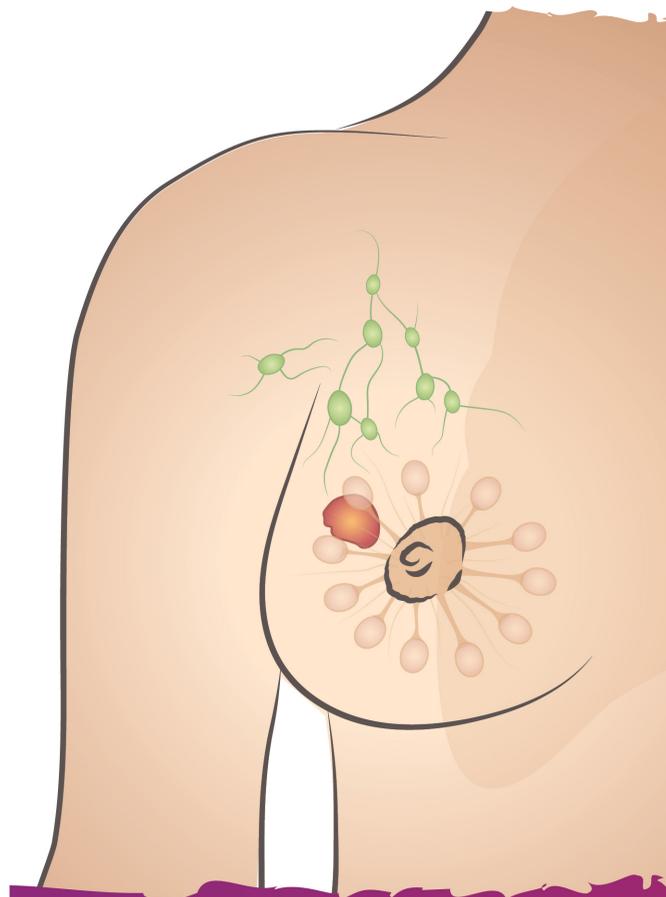


Screening mammograms can find breast cancers when they are small, less likely to have spread and more likely to be treated successfully.

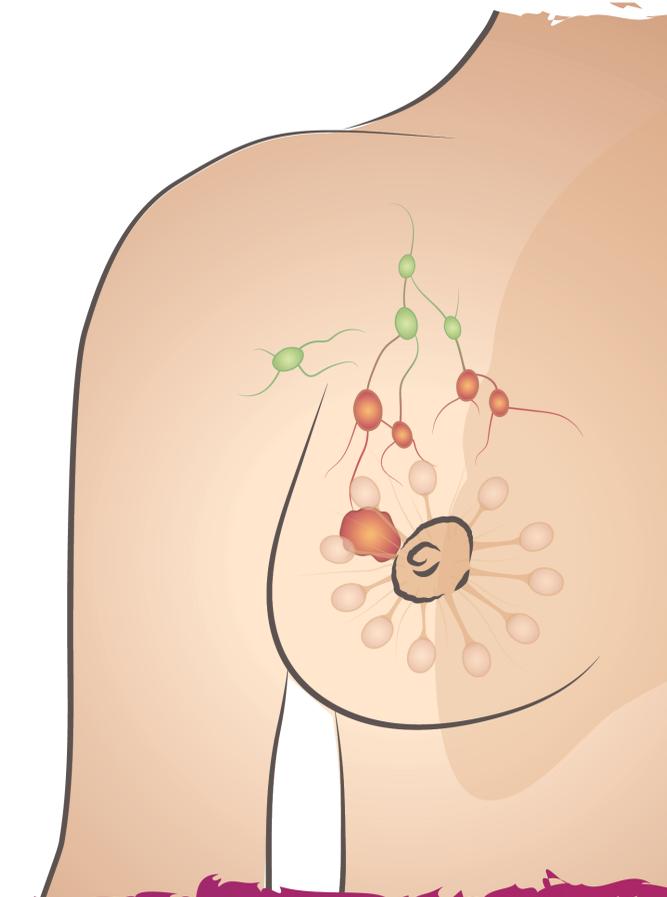
Stages of Breast Cancer



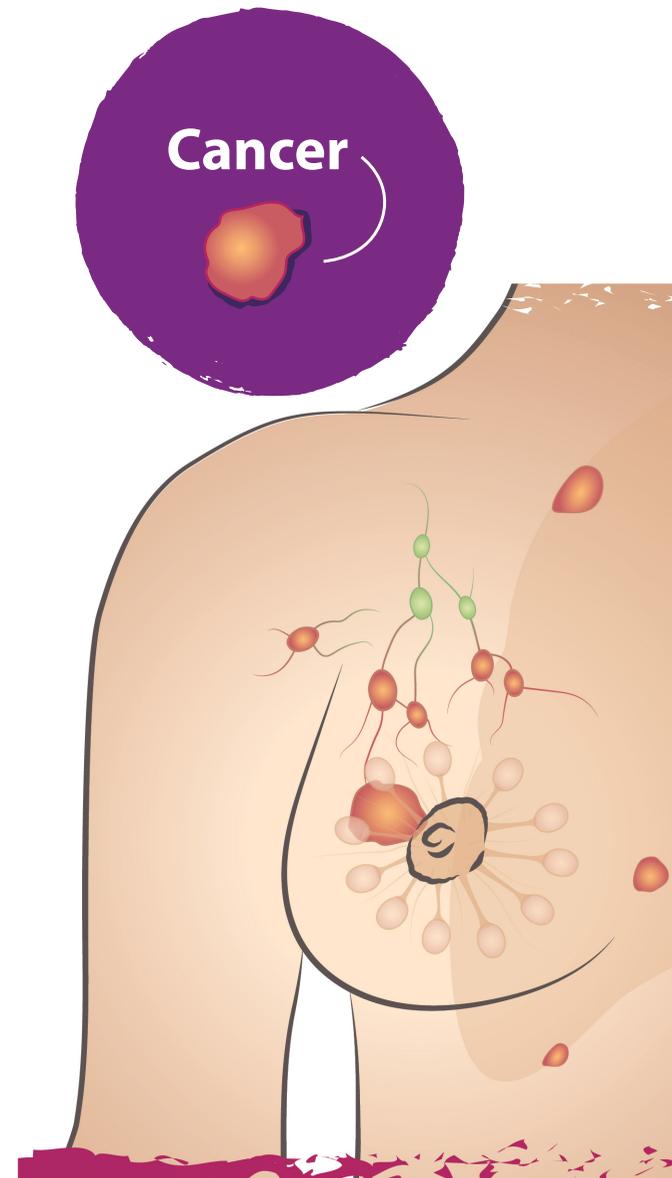
Stage 1



Stage 2

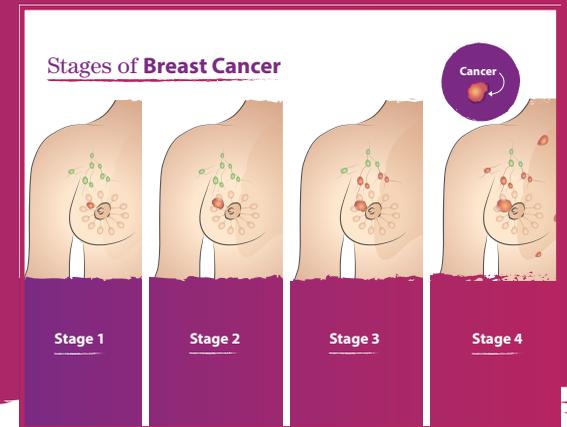


Stage 3



Stage 4

Breast Cancer



*Review the Stages of Breast Cancer poster

This is what breast cancer looks like.

Regular breast cancer screening is important because it can find cancer early when it may be smaller and easier to treat.

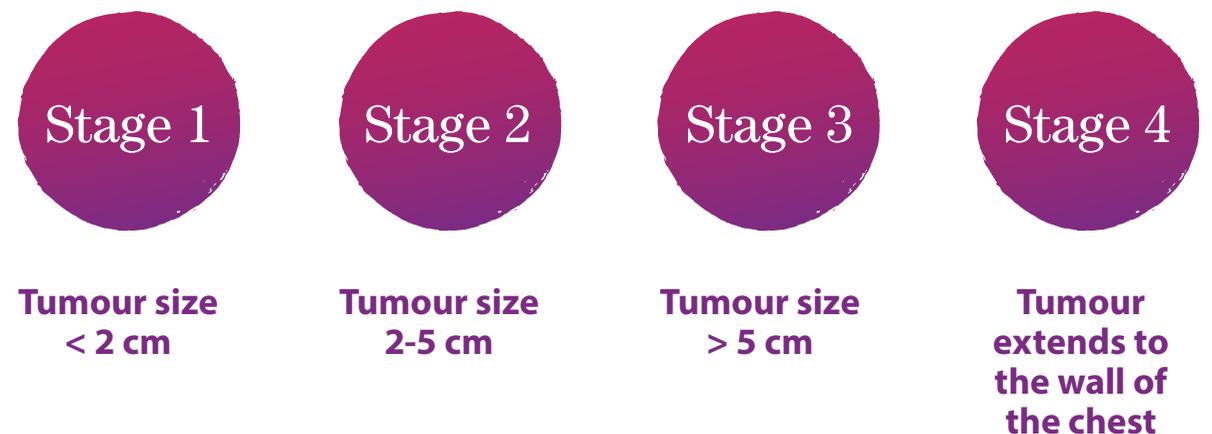
When First Nations, Inuit and Métis (FNIM) women are diagnosed with breast cancer, it will likely be at an advanced stage due to late detection, which means it may have spread to other parts of the body.

Risk factors for breast cancer are:

- being a woman,
 - getting older,
 - family history,
 - having previous breast cancer,
 - having dense breasts
(A breast is considered “dense” when it has a lot of glandular tissue (ducts, glands for producing milk and supportive tissue)).
-

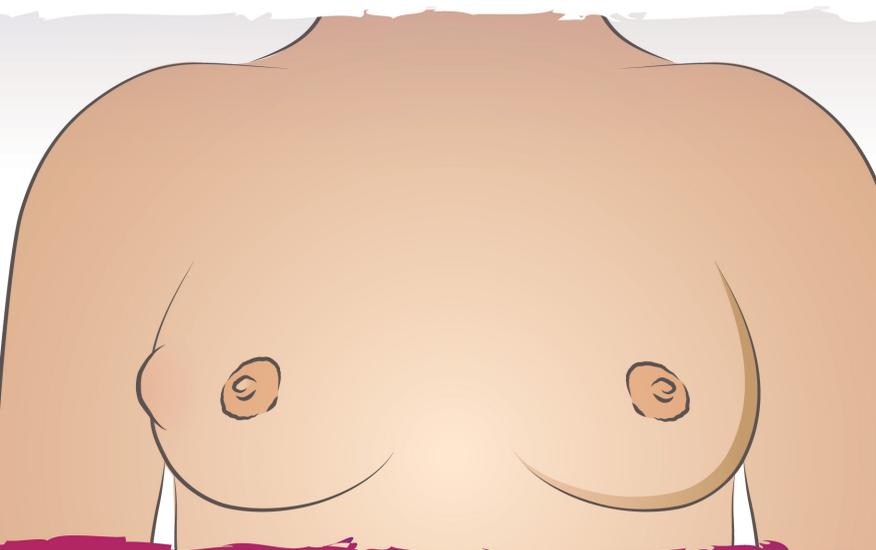
Stages

There are 4 stages of breast cancer:



Stage 4 cancer is the most advanced form of cancer and is often the most difficult to treat.

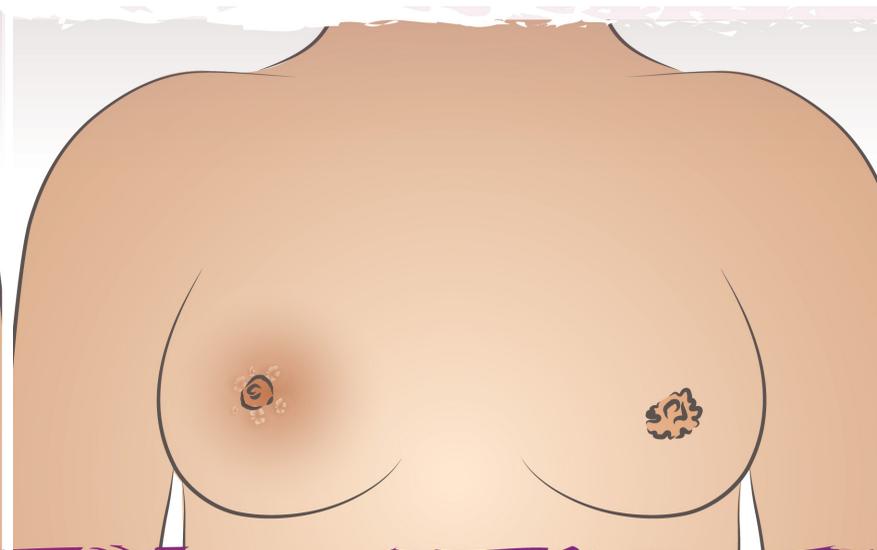
Be Breast Aware



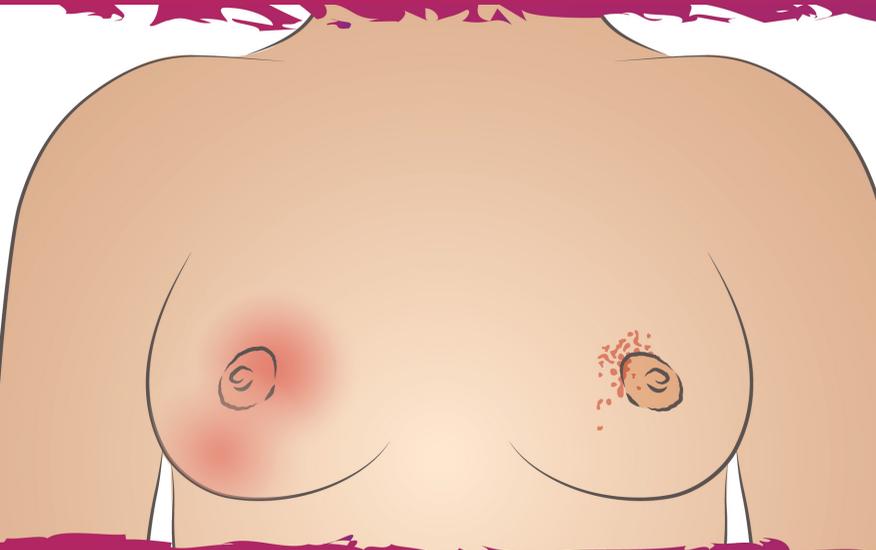
Lumping, thickening,
or hardening of breast



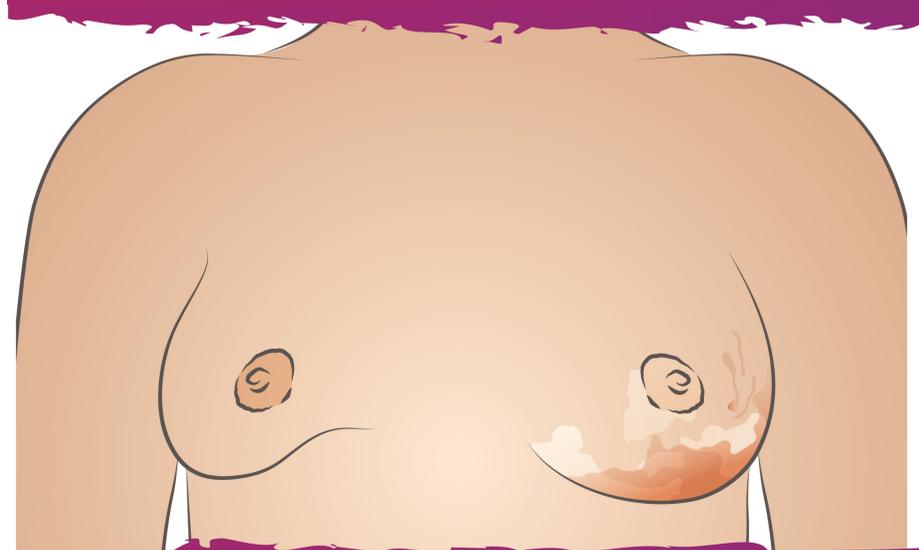
Dimpling or
puckering of breast



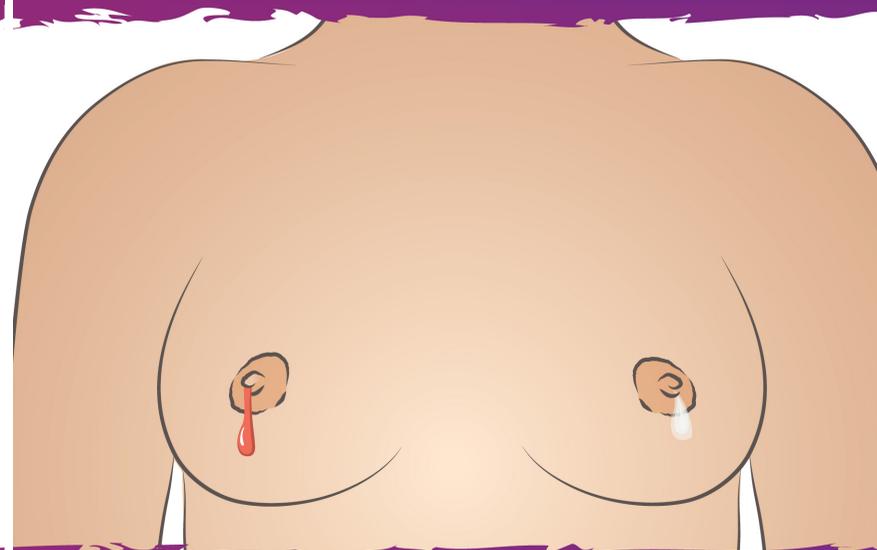
Change in size or
shape of nipple



Appearance of rashes
or redness

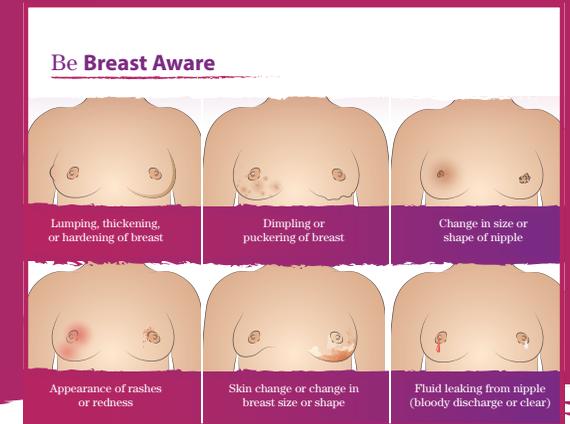


Skin change or change in
breast size or shape



Fluid leaking from nipple
(bloody discharge or clear)

Breast Cancer Awareness



Look for Changes

Know how your breasts normally look and feel so that you are more likely to notice any unusual changes.



* Review the Be Breast Aware slide for symptoms of breast cancer.

Symptoms

Lumps or thickening in the breast

Fluid leaking from the nipple

Redness

Dimpling or puckering

Skin change or change in breast size or shape

Nipple change

See your healthcare provider right away if you have these symptoms

