

## What can I expect during a mammogram appointment?

A receptionist will register you when you arrive. You will be given a gown and asked to remove your clothes from the waist up.

A medical radiation technologist will place your breasts, one at a time, on a flat plate. Another plate is then pressed firmly against your breast to help flatten out the breast tissue. Firm compression is needed to obtain high-quality images. Two x-rays of each breast are taken. You will be asked to wait until your images are reviewed in case more images are required.

## Tips for a comfortable mammogram

Working together with the technologist you can make the mammogram more comfortable.

- Book a mammogram within two weeks after your menstrual period has ended as your breasts are often less tender at this time.
- Inform the technologist if you feel pain and you can work together to make the x-ray as comfortable as possible.
- Breathe deeply and relax your chest muscles.



## What if I don't want to participate in the SPBC?

Women can choose not to participate in the program. If you are considering not participating, please discuss your options with your doctor before making a final decision. You can also contact the SPBC if you have additional questions.

## How do I make an appointment?

You do not need a doctor's referral to make an appointment for a mammogram.

To make an appointment in Regina, Moose Jaw, Swift Current, Yorkton or on the mobile bus, call 1-800-667-0017.

To make an appointment in Saskatoon, North Battleford and Prince Albert, call 1-800-567-7271.

For more information, contact the Screening Program for Breast Cancer  
952 Albert Street  
Regina SK S4R 2P7  
1-800-667-0017  
[www.saskcancer.ca](http://www.saskcancer.ca)

**Early detection saves lives.**

SCREENING  
PROGRAM  
FOR BREAST  
CANCER

A PROGRAM OF THE SASKATCHEWAN  
CANCER AGENCY

# Early Detection Is Your Best Defence



**Saskatchewan Cancer Agency**  
*A healthy population free from cancer*  
[www.saskcancer.ca](http://www.saskcancer.ca)

August 2009



## What is a mammogram?

A mammogram is a low dose x-ray of the breast. The x-ray can find changes in the breast, even when they are too small for you or your doctor to feel or see.

## Who should have a mammogram?

All women who are 50 years of age and over should have a mammogram every two years. Women who have a family history of breast cancer should have a mammogram every year.

## What is the Screening Program for Breast Cancer?

The Screening Program for Breast Cancer (SPBC) is a program of the Saskatchewan Cancer Agency. The SPBC provides screening mammograms to Saskatchewan women who are 50 years of age and older.

The SPBC:

- encourages women to make an appointment for a mammogram
- informs women when they are due for their next mammogram
- provides women and their doctor with the mammogram result
- facilitates appropriate and timely follow-up when additional tests or procedures are required
- provides a mobile bus that screens women in rural and northern areas

## Who is included in the Screening Program for Breast Cancer?

The screening program provides mammograms to Saskatchewan women who:

- are 50 years and older
- do not have any noticeable symptoms of breast cancer (lumps, bloody nipple discharge or skin changes)
- do not have breast implants
- are not on active follow-up for breast cancer



## How is my medical and personal information going to be protected?

All individuals with access to health information are bound by *The Health Information Protection Act* (HIPA) and have signed confidentiality agreements. The Agency and the SPBC also have administrative procedures and technical and physical security in place to protect information from unauthorized use or access.

## How do I get the results of the mammogram?

If you do not need further tests, you and your doctor will receive the results in the mail from the SPBC.

If more tests are needed, your doctor or the SPBC'S client navigator will contact you to discuss the results and arrange for any follow-up appointments.

