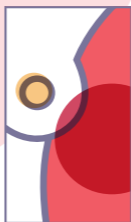


**INFORMATION**  
ON **OTHER EXAMINATIONS**  
USED IN ADDITION  
TO SCREENING  
MAMMOGRAMS



PROGRAMME  
QUÉBÉCOIS  
DE **DÉPISTAGE**  
DU **CANCER**  
DU **SEIN**

## ***Why are more tests needed after a screening mammogram?***

After receiving your mammogram results, your doctor may recommend that you undergo additional examinations. This doesn't mean that you have breast cancer.

In fact, almost one in ten women in the Québec Breast Cancer Screening Program (PQDCS, *Programme québécois de dépistage du cancer du sein*) will have mammogram results that aren't clear—in other words, the mammogram will reveal abnormalities. In these cases, additional examinations are used to establish an accurate diagnosis.

So don't panic! For the vast majority of participants, further testing will not detect cancer.

## ***What additional examinations are typically required?***

A variety of examinations are used, depending on the specific situation. The testing that you undergo will be appropriate for your personal case.

It may be any of the following:

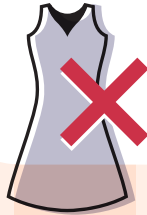
- **Clinical breast examination** in which a doctor will manually feel—or palpate—the breasts and armpit area.
- **Additional x-rays** of the breasts in order to better delineate the type of lesion.
- **Ultrasound** examination.
- **Nonsurgical biopsy** in which a small quantity of cells or tissue is removed using various types of needles.
- **Surgical biopsy** in which part of the lesion is removed surgically.
- **Stereotactic localization**, a procedure involving the computer-guided insertion of a needle in a non-palpable lesion. This needle serves to guide the very precise surgical removal of tissue from the lesion site.

## How should you prepare for additional examinations?

If you're like many women, you'll be concerned about the idea of having to undergo more tests for the detection of a potential problem. But you shouldn't worry excessively—remember that in nearly 95% of cases, these additional tests do not find cancer.

### Practical advice to help you get ready for further testing

- Since you'll need to remove your clothes from the waist up, don't wear a dress. Choosing two pieces—including a top you can easily take off—is more practical.



- Talk with your doctor about your fears and concerns.



- If you have sensitive breasts, ask to schedule your appointment within 10 days of the onset of your period or when your breasts are less likely to be sensitive.

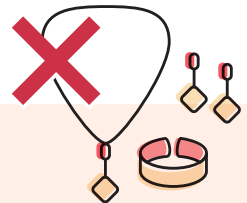
- Find out how long it will take to receive your test results.



- Don't wear any of the following products on the day of your test: deodorant, powder, lotions, or perfume. These products cause false images that can be confused with lesions.



- Before the test, it's also a good idea to remove jewelry like necklaces, earrings, or other pieces that could interfere with the test.



## ***Where should you go for your appointment—and when?***

Your doctor can give you details about your situation and tests you may need, and can also provide contact information for PQDCS designated screening centers (CDDs) or designated referral centers (CRIDs) where additional testing can be done.

For contact information on all these centers, go to

**[msss.gouv.qc.ca/mammographie](https://msss.gouv.qc.ca/mammographie)**

You can also get CDD and CRID contact information by contacting the PQDCS Regional Service Coordination Center.

**Whichever center you prefer, be sure to make your appointment as soon as possible.**

## ***When and how will you receive your results?***

As soon as your results are available, you'll receive them from your doctor or the center where the tests were performed.

For more information on results of mammograms or additional examinations—or any other breast health questions that concern you—talk with your doctor.



**01-BAS-SAINT-LAURENT**

PQDCS Regional Service  
 Coordination Center  
 Agence de la santé et des services  
 sociaux du Bas-Saint-Laurent  
 288 rue Pierre-Saindon  
 Rimouski, Québec G5L 9A8  
 Telephone: 418-725-2457  
 Fax: 418-725-0952

**02- SAGUENAY—LAC-SAINT-JEAN**

PQDCS Regional Service  
 Coordination Center  
 Centre de santé et de services sociaux  
 de Jonquière  
 P.O. Box 1200  
 2230 rue de l'Hôpital  
 Jonquière, Québec G7X 7X2  
 Telephone: 418-695-7750  
 Fax: 418-695-7769

**03-QUÉBEC (CAPITALE-NATIONALE)**

PQDCS Regional Service  
 Coordination Center  
 Centre hospitalier affilié universitaire  
 de Québec  
 Hôpital du Saint-Sacrement  
 1050 chemin Sainte-Foy  
 Québec, Québec G1S 4L8  
 Telephone: 418-682-7596  
 Toll free : 1-877-682-7596  
 Fax: 418-682-7925

**04-MAURICIE ET CENTRE-DU-QUÉBEC**

PQDCS Regional Service  
 Coordination Center  
 Centre hospitalier régional  
 de Trois-Rivières  
 Pavillon Sainte-Marie  
 1991 boulevard du Carmel  
 Trois-Rivières, Québec G8Z 3R9  
 Telephone: 819-372-3527  
 Toll free: 1-888-773-1277  
 Fax: 819-378-9702

**05-ESTRIE**

PQDCS Regional Service  
 Coordination Center  
 Centre hospitalier universitaire de  
 Sherbrooke  
 580 rue Bowen Sud  
 Sherbrooke, Québec J1G 2E8  
 Telephone: 819-346-1110, ext. 22460  
 Fax: 819-822-6748

**06-MONTRÉAL**

PQDCS Regional Service  
 Coordination Center  
 Direction de santé publique de Montréal  
 1301 rue Sherbrooke Est  
 Montréal, Québec H2L 1M3  
 Telephone: 514-528-2424  
 Fax: 514-528-2423

**07-OUTAOUAIS**

PQDCS Regional Service  
 Coordination Center  
 Centre de santé et de services sociaux  
 de Gatineau - Hôpital de Gatineau  
 909 boulevard La Vérendrye Ouest  
 Gatineau, Québec J8P 7H2  
 Telephone: 819-966-6265  
 Toll free: 1-877-511-7346  
 Fax: 819-966-6394

**08-ABITIBI-TÉMISCAMINGUE**

PQDCS Regional Service  
 Coordination Center  
 Agence de la santé et des services  
 sociaux de l'Abitibi-Témiscamingue  
 Pavillon Laramée  
 1 9<sup>e</sup> Rue  
 Rouyn-Noranda, Québec J9X 2A9  
 Telephone: 819-764-3264, ext. 49411  
 Toll free: 1-866-321-3232  
 Fax: 819-764-3577

**09-CÔTE-NORD**

PQDCS Regional Service  
 Coordination Center  
 Agence de la santé et des services  
 sociaux de la Côte-Nord  
 691 rue Jalbert  
 Baie-Comeau, Québec G5C 2A1  
 Telephone: 418-589-9845, ext. 2238  
 Fax: 418-589-8574

**10-NORD-DU-QUÉBEC**

PQDCS Regional Service  
 Coordination Center  
 Direction de santé publique  
 Centre de santé et de services sociaux  
 de la Baie-James  
 312 3<sup>e</sup> Rue  
 Chibougamau, Québec G8P 1N5  
 Telephone: 418-748-3575, ext. 5114  
 Fax: 418-748-6391

**11-GASPÉSIE—ÎLES-DE-LA-MADELEINE**

PQDCS Regional Service  
 Coordination Center  
 Direction de santé publique de la  
 Gaspésie—Îles-de-la-Madeleine  
 205-1 boulevard York Ouest, Suite 1  
 Gaspé, Québec G4X 2W5  
 Telephone: 418-368-2443, ext. 4641  
 Toll free: 1-877-270-5069  
 Fax: 418-368-1317

**12-CHAUDIÈRE-APPALACHES**

PQDCS Regional Service  
 Coordination Center  
 CSSS Alphonse-Desjardins  
 143 rue Wolfe, Suite CILAC  
 RC 0341  
 Lévis, Québec G6V 3Z1  
 Telephone: 418-835-7456  
 Toll free: 1-888-835-7456  
 Fax: 418-835-7402

**13-LAVAL**

PQDCS Regional Service  
 Coordination Center  
 Centre de santé et de services sociaux de  
 Laval/Centre ambulatoire  
 1515 boul. Chomedey, Suite N-351  
 Laval, Québec H7V 3Y7  
 Breast Info-Line: 450-978-2129  
 Fax: 450-978-8626

**14-LANAUDIÈRE**

PQDCS Regional Service  
 Coordination Center  
 Agence de la santé et de services  
 sociaux de Lanaudière  
 245 rue du Curé-Majeau  
 Joliette, Québec J6E 8S8  
 Toll free: 1-877-418-7346  
 Fax: 450-759-9387

**15- LAURENTIDES**

PQDCS Regional Service  
 Coordination Center  
 Agence de la santé et des services  
 sociaux des Laurentides  
 1000 rue Labelle, Suite 210  
 Saint-Jérôme, Québec J7Z 5N6  
 Telephone: 450-432-8728  
 Toll free: 1-877-431-7346  
 Fax: 450-569-6303

**16-MONTÉRÉGIE**

PQDCS Regional Service  
 Coordination Center  
 Direction de la santé publique  
 1255 rue Beauregard  
 Longueuil, Québec J4K 2M3  
 Toll free: 1-888-845-SEIN (7346)  
 Fax: 450-928-6783

**17-NUNAVIK**

Nunavik Regional Board of Health and  
 Social Services  
 P.O. Box 900  
 Kuujuaq, Québec J0M 1C0  
 Telephone: 819-964-2222, ext. 235  
 Fax: 819-964-2711

**Santé  
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