

INFORMATION

ON OTHER
EXAMINATIONS
USED IN ADDITION
TO SCREENING
MAMMOGRAMS

QUÉBEC
BREAST
CANCER
SCREENING
PROGRAM

Why are more tests needed after a screening mammogram?

After studying the results of your screening mammogram, the radiologist may recommend that you take other 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.

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 testings that you undergo will be appropriate for your personal case.

It may be any of the following:

- **Clinical examination:** inspection and palpation of the breasts and armpits.
- **Additional mammograms** to see a part of the breast better and to specify the nature of the abnormality.
- **Breast tomosynthesis:** also called three-dimensional mammography (3D), it makes it possible to acquire multiple images of the breast from different angles.
- **Ultrasound examination:** a test to see inside the breast using an ultrasound probe.
- **Magnetic resonance imaging (MRI):** an exam to see inside the breast using magnetic fields and a contrast product.
- **Nonsurgical biopsy** in which a small quantity of cells or tissue is removed using various types of needles.
- **Stereotactic localization,** a procedure involving the computer-guided insertion of a needle in a lesion. This needle serves to guide the very precise surgical removal of tissue from the lesion site.
- **Surgical biopsy** in which the lesion or part of the lesion is removed surgically.

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. Remember that in nearly 95% of cases, these additional tests do not find cancer.

Practical advice to help you get ready for further testing

This practical advice apply to most of the additional examinations, but may differ from exam to exam. Find out about the specific instructions to follow for the additional examinations.

- Wear a two-piece set as you may have to remove the top (avoid wearing a dress).



- Talk with your doctor or your SNP 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.

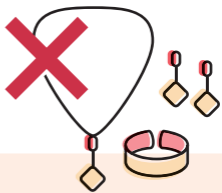
- Find out how long it will take to receive your test results.



- Don't wear any of the following products on the day of your test: deodorant, powder, lotions, or perfume. These products can distort the results of certain exams.



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

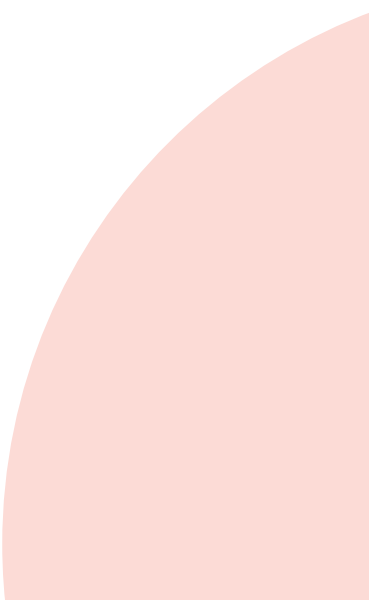


Where should you go for your appointment—and when?

Appointments for other examinations can be made in different ways:

1. A designated screening centre (CDD) or a designated referral centre (CRID) may contact you to schedule your other examinations.
2. Your physician or your specialized nurse practitioner (SNP) may give you information concerning the steps to be taken to obtain an appointment for the other examinations.
3. You can contact the PQDCS Regional Services Coordination Centre (CCSR) in your region to obtain the contact information of the Designated Screening Centre (CDD) or Designated Referral Centre (CRID). The contact information of these centres and your CCSR are available under the “Regional resources” heading of the Gouvernement du Québec website: [Québec.ca/depistage-cancer-du-sein](https://quebec.ca/depistage-cancer-du-sein).

Make an 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, your SNP 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 or your SNP.



To learn more about the Québec Breast Cancer Screening Program or to reach the programm CCSR (Regional Services Coordination Center) in your area, visit Québec.ca/depistage-cancer-du-sein

You can also phone Services Québec for contact information for your regional CCSR:

Québec City area: **418-644-4545**

Greater Montréal area: **514-644-4545**

Elsewhere in Québec: **1 877-644-4545** (toll free)

Persons with a hearing or speech impairment (TTY): **1-800-361-9596** (toll free)