

It is good to ask questions

Having a change in your breast and waiting for results can be very stressful.

If you have questions any time during your visit, please ask us. We are here to support you.

If you think of questions while you are waiting, use the space below to write them down. Then ask us when it is your turn to see us.

If you think of questions after you leave the clinic, you are welcome to call us.

604-469-5149

If your call goes to voicemail, please leave a message. We will call you back as soon as we can.

Be Breast Aware

People of all ages should be breast aware.

- ✓ Know your breasts.
- ✓ Know how they look and feel.
- ✓ Know what is normal for you.



When you are familiar with your breasts and how they change through time, you are more likely to notice breast changes that seem unusual to you.

There is no right or wrong way to check your breasts. Find a way that is comfortable for you.

Tri-Cities and New Westminister
Breast Health Clinic
Eagle Ridge Hospital
475 Guildford Way
Port Moody, B.C. V3H 3W9
604-469-5149

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order, visit patienteduc.fraserhealth.ca

Welcome to the Breast Health Clinic

Eagle Ridge Hospital

Serving Tri-Cities and New Westminister

604-469-5149



What is the Breast Health Clinic?

This is a clinic for people who are 17 years of age and older that have one or more of the following:

- abnormal screening mammogram
- abnormal finding on ultrasound
- abnormal findings from a biopsy

Our clinic has a team of health professionals who have special training in the care and treatment of the breast. Our aim is to see you as quickly as possible and find the reason for the change in your breast.

Please note

A change in your breast does not mean there is something 'wrong' but it does mean you should get it checked.

- Most lumps – up to 90% – are not cancer (called benign).
- A few lumps turn out to be cancer (called malignant).
- Breast tenderness and fullness before menstrual periods start is common. This is not a sign of cancer.
- A person can have a one benign lump or many benign lumps. These are likely caused by the effects of normal cycle of hormone changes on breast tissue. There is no way to prevent these changes.

How can I be seen at the clinic?

Talk to your family doctor or nurse practitioner (your primary care provider). They can put in a request for us to see you.

What can I expect?

Plan to spend at least 1 hour at the clinic.

Wear comfortable clothes that are easy to take off. Please do not wear or use any scented products such as deodorant, perfume, cologne.

Depending on the reason for your visit to the clinic, either our nurse practitioner or breast surgeon sees you.

You might need to have more testing, such as:

- a detailed breast exam
- a diagnostic mammogram, which is more than a screening mammogram
- a breast ultrasound
- a biopsy where we take a sample of tissue to send to the laboratory

All these tests, except for the breast exam, are done on a later date in another location.

If you have already had a biopsy, we review the results with you.

If we confirm it is cancer, our breast surgeon reviews options for treating the cancer.

How does my primary care provider know about my clinic visit?

We send a summary report directly to your primary care provider's office. It includes copies of all the tests done.

About screening mammograms

If you are between the ages of 40 and 74, you can book a screening mammogram yourself.

If it is your first time, book by phone.

If you received a letter from BC Cancer Breast Screening, you can either phone or book online using the Booking Code on the letter.

Call 1-800-663-9203

Online bccancer.bc.ca/screening/breast/

Situations where you would not qualify for a screening mammogram:

- You had a mammogram in the last 12 months.
- You have breast implants.
- You are pregnant or breastfeeding.
- You have had breast cancer before.
- You have new breast complaints such as a lump or fluid seeping out of the nipple (called nipple discharge).