

To have more information on the PQDCS :



CENTRE DE COORDINATION
DES SERVICES RÉGIONAUX
DE MONTRÉAL

Information line : **514 528-2424**

CONCERTATION-FEMME

2005, Victor-Doré, bureau 220

Montréal (Québec) H3M 1S4

Telephone : **514 336-3733**

Fax: 514 856-2400

info@concertationfemme.ca

www.concertationfemme.ca

MAMMOGRAPHY SCREENING

FOR WOMEN FROM THE AGES OF 50-69



*« There is nothing more heartbreaking than feeling
powerless to suffering, than to come up against a wall when
we are filled with goodwill. »*

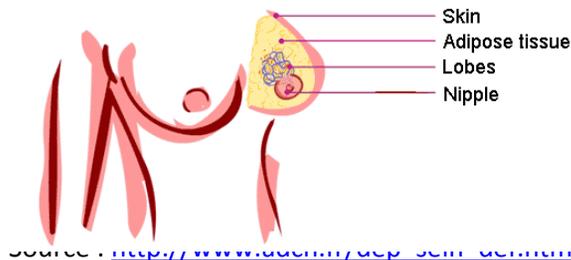
Anne Bernard

SPRING 2011

THE BREAST

The breast symbolises femininity. It is an organ like all other organs in our body. It consists of a cluster of fat and fiber covered with skin resting on the muscles and sides.

The breast contains the mammary gland. Under the influence of hormones, the breast goes through different stages from puberty to menopause.



Source : http://www.uccm.ca/dep_scm_dcm.htm

THE FUNCTION OF THE BREAST

The breast exercises two principle functions :

1. It represents fertility and maternity. A woman sees it as an image of femininity on her body.
2. It is a lactation organ whereby newborns can enjoy their mother's milk when breast feeding.

BREAST CANCER

The incontrollable and disorganized multiplication of the mammary gland cells will eventually form a tumor. These cancerous cells can spread to other organs in the body.

This is a major medical problem where the socio-economic and family consequences become an important issue. Therefore, a mammogram is a necessity in order to provide women with a preventative test for breast cancer.

REFERENCES

- Direction de santé publique de l'Agence de la santé et des services sociaux de Montréal
- CSSS of Bordeaux-Cartierville-Saint-Laurent
- Canadian Breast Cancer Foundation
- Quebec Breast Cancer Foundation
- Canadian Cancer Society
- Quebec Breast Cancer Screening Program (PQDCS) Ministère de la Santé et des Services sociaux

YOUR WELL BEING

IS OUR

REASON FOR BEING

All women are at risk of developing breast cancer in their lifetime, even without any previous personal or family occurrence.

Mammography screening is the number one test choice for detecting cancer at an early stage. It helps to avoid undergoing secondary effects from heavy treatment.

**I WILL DECIDE TO TAKE
MY LIFE IN MY OWN HANDS
AND CHOOSE MAMMOGRAPHY
AS THE FIRST TEST
TO CARRY OUT WITH CONFIDENCE.**

**WHAT WILL YOU DO?

BETTER TO

PREVENT

THAN TO CURE**

STATISTICAL DATA ON BREAST CANCER IN CANADA

- Breast cancer is the most diagnosed type of cancer among women throughout the world.
- 1 in 9 women will get breast cancer in their lifetime, and 1 in 29 will die from it.
- In most cases, breast cancer occurs after the age of 50. Survival rate following five years of the diagnosis is 88%.
- In Quebec, for the year 2011, estimate 6200 new cases of breast cancer in women will be diagnosed.

Source : Canadian Cancer Society

RISK FACTORS

Many factors can have an influence in the occurrence of breast cancer. Unfortunately, certain cases are unchangeable. The fact of being a women and age are two main risk factors :

- Sex : breast cancer is almost exclusively feminine;
- Age: the more a woman advances in age, the risk of developing breast cancer increases. There is a greater danger starting from the age of 50.

Other risk factors :

- Family History : if a sister, mother or grandmother is affected by breast cancer;
- Genetic factor;
- Lack of pregnancy or late pregnancy (after 30 years old);
- The Substitute Hormonal Therapy of the menopause;
- Early Menstruation (before 12 years of age);
- Late Menopause (after 55 years old);
- Abusive alcohol consumption;
- Exposure to high elevated doses of radiation;
- Excessive weight;
- Tobacco and second hand smoke;

WHAT CAN YOU DO FOR THE HEALTH OF YOUR BREASTS?

1. Have a mammogram screening every two years from the age of 50.
2. Yearly clinical examination of the breast at your doctor.
3. Observe your breasts: any recent change (lump, nipple discharge, skin appearance or change in form) must lead you to consult a health professional.
4. Follow healthy life habits :
 - Stop smoking and stay away from second hand smoke;
 - Moderate alcohol consumption;
 - Balanced diet rich in fibre, low on fat and sugars;
 - Regular exercise/physical activities;
 - Monitor your weight;
 - Manage your stress and negative emotions.

WHAT IS THE MOST EFFICIENT MEANS TO SCREEN THE BREAST CANCER?

- Mammography is the best means to screen the breast cancer at an early stage. It can be detected before the appearance of any symptom.
- Mammography is a short radiologic exam of the breasts that allows detecting a lesion which can't be recognized by a woman with no symptoms.
- Mammography consists of compressing the breasts between two plastic plates and exposing them to low doses of X-rays. Mammography visualizes all of the mammary gland and possible lesions.
- The mortality rate has decreased in the past 10 years thanks to progress realized in screening and treatments. Earlier the cancer is diagnosed, the greater the chances to defeat it.

- « *They told me that a mammogram is a painful exam where the breasts are fully compressed.* »

The majority of women are not aware of the existence of this test (the what is and how it works) and others think that it is a extremely painful test.

It is a short radiologic exam with no danger to the woman. However, there are some women that feel a certain discomfort when their breasts are compressed. In such case, avoid consuming chocolate, tea and colas drinks 2 weeks prior to your test.

- « *I am scared to be more irradiated.* »

Women who've been previously exposed to radiation fear this test.

Mammography uses weak doses of X-rays: equivalent to a round trip flight Montreal-Paris. Furthermore, all apparatus are verified every year.

- « *If God wants me to have cancer, I will accept it. It is my destiny.* »

There are women who believe that they are powerless over their destiny and accept what cannot be changed.

Even if we accept our destiny, nothing stops us from taking all possible preventative measures to secure our lives.

- « *I fear that my personal information will be revealed.* »

Certain women who are not familiar with the program think that it is a long procedure and that confidentiality strictness is not taken into account. »

The process is simple: it consists in one single visit and assures a total confidentiality.

WHAT HAPPENS IF I DECIDE NOT TO HAVE A MAMMOGRAPHY WITHIN THE FRAMEWORK OF PQDCS?

Women who present themselves in a CDD to pass a mammography screening can refuse to sign the authorization form. In this case, these women will not receive a letter after 24 months, but can still have their mammography screening presenting a doctor's prescription.

In case your mammography is abnormal, there will be no follow up by the team at the center for coordination of regional services in Montreal (CCSR).

WORRIES AND COMPLAINTS OF WOMEN FROM DIFFERENT CULTURAL COMMUNITIES

- « *I do not understand French or English. I recycle most of the publicity I receive at home.* »

Many women cannot speak or comprehend French or English. They have a hard time with filling in documents produced by PQDCS or health services.

Certain documents are translated in multiple languages and there are translation services for different languages.

- « *In our house, it is a delicate issue to talk about breasts. It is not a subject that we often discuss.* »

The breast is considered a taboo subject in certain communities; it is avoided.

It's true that PQDCS is a public program, but the procedures are made in the respect of the woman's privacy. At the 15 CCD's in Montreal, professionals that carry out the mammograms are women.

Note: If you present symptoms, for example: a lump in your breast, your doctor can recommend a **diagnostic mammogram**.



source : <http://fr.wikipedia.org/wiki/Mammographie>

HOW TO HAVE ACCESS TO A MAMMOGRAPHY SCREENING?

Since 1998 a program of screening for breast cancer exists in Quebec (PQDCS) like in other regions of Canada and other countries. It offers a **free** mammography screening every two years. Certain conditions apply :

- Be a woman aged from 50-69 with no breast cancer symptoms;
- Use a letter of invitation that acts as a prescription from the doctor. This letter is sent by mail to every woman during her 50th anniversary year;
- Take an appointment at a screening center (CDD) : in the territory of CSSS in Bordeaux-Cartierville-Saint-Laurent the CDD is Diagnostic Image Inc. (Radiology Bois-de-Boulogne) tel. : 514-331-8212;

- Fill out and sign the authorization form giving access to your personal data to PQDCS at the time of each visit for a mammography screening at the CDD;
- If you do not have a doctor, choose one from the established list the day of your appointment at the CDD.

In the case of a woman aged from 50-69 that loses her invitation letter, and even after many months have passed, she could still join the PQDCS program by communicating with the center for coordination of regional services in Montreal at 514-528-2424 (CCSR).

She will receive a new invitation letter to have her mammogram screening.

Note: Women aged less than 50 and more than 70, can have a mammogram screening for **free** in a CDD with a doctor's prescription.

In certain cases, and according to the doctor's opinion, the mammogram can be **free** yearly.

THE ADVANTAGES FOR PARTICIPATING WITH PQDCS

- Receive results at home of your mammogram test;
- Receive an invitation letter every 2 years;
- Short time delay time if additional test are required;
- Participation in a high quality program;
- Taking charge of your health and autonomy.

There are 15 screening designated centers (CDD) and 5 reference designated investigation centers (CRID) in Montreal.

The center for coordination of regional services in Montreal (CCSR) coordinates the whole lot of activities for the program.

THE LIMITS TO A MAMMOGRAPHY SCREENING

- Mammography does not detect all cancers: some can go undetected.
- Cancer can develop between two mammogram screenings.
- 10 % of participants with PQDCS would require complimentary exams to get an exact diagnosis. In 95% of the cases, the results of these examinations reveal no cancer.

WHAT HAPPENS IF THE MAMMOGRAM RESULT IS ABNORMAL?

The result is sent to your family doctor or to the doctor that you chose at the time of your CDD appointment.

At this point, you will be referred to a reference designated investigation center (CRID) for further investigation in order to get adequate diagnosis.