

## How do I get the results?

Your mammogram is read by a Radiologist certified by the Canadian Association of Radiologists – Mammography Accreditation program. We will send the report to your healthcare provider and you will receive your result letter by mail.

## When do I return for a screening mammogram?

**If you are 40 to 49 years old and decide to have screening mammograms:** have one every year. In younger women, the breast tissue may be dense, so small cancers are not seen easily.

**If you are 50 to 74 years old:** have one at least every 2 to 3 years, as decided by you and your healthcare provider.

**If you are 75 years old and over:** talk with your health care provider about how often to return.

## Our Digital Mammography Suite

The Yukon Mammography Program offers state-of-the-art equipment and comfortable surroundings in our Digital Mammography Suite. Digital mammography improves image quality and reduces:

- radiation dose
- exam times
- 'call-back' appointments

It is our goal to provide a safe, comfortable and relaxing environment for your exam.

*The Digital Mammography Suite was purchased with money raised by Run for Mom.*



## Find Out More

For additional information about breast cancer risks, mammography's benefits and harms, and how to decide about screening mammography based on your age group, please contact:

- Your healthcare provider.
- Or visit the Public Health Agency of Canada's website for Information on Mammography for Women Aged 40 and Older – A Decision Aid for Breast Cancer Screening in Canada at [www.publichealth.gc.ca](http://www.publichealth.gc.ca).



# Yukon Mammography Program



Cover photo: [www.garybremner.com](http://www.garybremner.com)

### Yukon Mammography Program

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whitehorse  
general hospital

JUNE 2013



**The Yukon Mammography Program**, located at Whitehorse General Hospital, provides screening mammograms for women 40 years of age and older.

Breast cancer is one of the most common forms of cancer in women. Screening mammograms are the best way to detect breast cancers at an earlier stage when treatment is more effective.

The time to go for a screening mammogram is when you feel well. If you are ever worried about any breast problems, see your healthcare provider.

## What is a screening mammogram?

A screening mammogram is a low-dose x-ray of the breast for women without specific breast concerns. A mammogram can find an abnormality or lump in the breast that is too small to be felt.

Women are not eligible for screening mammograms if they have had breast cancer, breast implants, or if they currently have breast symptoms.

## Should I have a screening mammogram?\*

**If you are 40 to 49 years old:** Research\* shows the benefit versus the risk of screening mammograms is less clear. Talk to your healthcare provider about your breast cancer risk and your need for mammograms.

**If you are 50 to 74 years old:** Research\* shows women in this age group benefit most from regular screening mammograms. Have screening mammograms regularly.

**If you are 75 years old and over:** Talk to your healthcare provider about whether screening mammograms should be part of your breast health routine.

*\* Based on the 2011 Recommendations for Breast Cancer Screening by the Canadian Task Force on Preventative Healthcare for women at average risk. [www.canadiantaskforce.ca](http://www.canadiantaskforce.ca)*

## How do I make a screening mammography appointment?

Eligible women aged 40 and older can call **867-393-8738** (Monday to Friday, 10 am to 3 pm) directly to book an appointment.

### On the day of your appointment:

- do not use any underarm deodorant, lotion or powder. These can affect the mammogram results.
- wear a two-piece outfit as you will need to undress from the waist up.



Photo: www.garybremner.com

## How is a screening mammogram done?

A specially trained female Technologist will do your screening mammogram. Once you are standing in front of the mammography unit, the Technologist will position your breast on a plastic plate that can be adjusted for your height. A second plate will press down on your breast to spread out the breast tissue which helps make the images clearer. Two images will be taken of each breast; one from the top and one from the side. The appointment takes about 30 minutes.