

Step 3: Understand the importance you place on the possible benefits and harms of having a mammogram.

Which of the following possible benefits are important to you? (Select all that apply)

- ☐ Peace of mind
- ☐ Catching cancer earlier and having simpler treatment
- ☐ Reducing the chance of dying from cancer
- ☐ Other benefits: _____

Which of the following possible harms are important to you? (Select all that apply)

- ☐ Cancer may not be found
- ☐ Extra tests and worry
- ☐ No improvement in length of quality of life and unnecessary diagnosis
- ☐ Other harms: _____

Step 4: Describe how you feel about screening mammograms.

Which statement best reflects how you feel?

- ☐ I want to start or continue mammograms
- ☐ Not sure
- ☐ I do not want to start or continue mammograms

Step 5: Describe your feelings towards decision making.

Who should decide whether or not you start or continue mammograms?

- ☐ I should, after thinking about advice from my health care provider
- ☐ I want to share the decision-making with my health care provider
- ☐ I want my health care provider to decide
- ☐ I am not sure

Step 6: Write down any questions you have about mammograms and screening.

Step 7: Please share your answers with your health care provider at your next visit.

If you would like a mammogram or think you should be screened you have several options. In the Yellowknife area, call the Breast Screening Program at **867-765-4020**.

In the Hay River area, call **867-874-7223**. If you live in any other community, please consult with your healthcare provider to arrange for a screening mammogram.

For more information on breast cancer and screening, please visit the following websites:

www.hss.gov.nt.ca
www.stha.ca/services/function_statement.php?id=10
www.breasthealthnwt.ca
www.cancer.ca
www.cbcf.org

If you would like this information in another official language, contact us at **867-920-3367**.

Si vous voulez ces informations dans une autre langue officielle, téléphonez nous au **867-920-3367**.

NWT Breast Cancer Screening

Taking the next step...



Northwest Territories Health and Social Services

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Breast cancer is the most common cancer diagnosed in NWT women and the third leading cause of all cancer deaths. Screening can help prevent deaths.

Breast cancer develops in the cells of breast tissue. Breast tissue covers an area larger than just the breast, extending up to the collarbone and from the armpit to the centre of the chest.

Women who receive **breast cancer screening** have a **lower risk of dying from breast cancer** than women who do not receive screening. Screening is most often done by having a mammogram.

A **mammogram** is a specialized x-ray of the breast used to detect changes in breast tissue. Mammograms can detect changes before you are able to feel them.

Screening recommendations:

Women at **average** risk:

- **Aged 50-74 years** should have a screening mammogram every **2 years**
- **Aged 40-49 and 75+** years should discuss the benefits and risks of mammography with their nurse or doctor.

Women at **high** risk:

- Should have a screening mammogram **every year**. Please speak with your nurse or doctor.*

You can be **high risk** if you have any of:

- Confirmed mutations of BRCA1 or BRCA2 genes*
- Previous radiation treatment to the chest area*
- Family history of breast cancer in either your mothers, sister or daughter (first degree)

- Personal or first degree family history of ovarian cancer
- Highly dense breast tissue >75%
- Personal history of breast biopsies showing Atypical Ductal Hyperplasia (ADH)

* Your healthcare provider may suggest more screening tests.



Not sure what to do?

Try answering the following questions to help you decide about screening mammograms¹. While they do not result in a decision, the answers can help you collect your thoughts. This is meant for women who are 40 years and older who:

- Do not have breast cancer;
- Do not have any breast problems; and
- Have not been told they are at high risk of breast cancer

Step 1: Rate your risk of breast cancer and overall health.

How do you feel about your risk of breast cancer?

- ☐ Very Worried ☐ A little Worried
☐ Not Worried

How do you rate your overall health?

- ☐ Good ☐ Okay ☐ Poor

Step 2: Describe what you are doing for your breast health.

Have you had a screening mammogram within the last two years?

- ☐ Yes ☐ No

Do you limit alcohol to 1 drink or less each day?

- ☐ Yes ☐ No

Do you have a healthy body weight?

- ☐ Yes ☐ No

Do you smoke?

- ☐ Yes ☐ No

1. Adapted from Public Health Agency of Canada Decision Aid 2009