

Be Breast Aware

Women and men of all ages should be breast aware.

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



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

Any time you find unusual breast changes, speak to your family doctor or call the Breast Health Clinic.

We are here to support you!

Breast Health Clinic
Abbotsford Regional Hospital
and Cancer Centre
Sumas Wing, Level 2
32900 Marshall Road
Abbotsford, B.C. V2S 0C2
604-851-4806

www.fraserhealth.ca

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

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Welcome to the Breast Health Clinic

Abbotsford Regional Hospital
and Cancer Centre

Clinic Hours:

Tuesday, Wednesday, Friday
8:00AM to 3:00PM

Available to talk to you by phone

Monday to Friday
8:00AM to 3:00PM
604-851-4806



What is the Breast Health Clinic?

This is a clinic for women and men who have a lump or a change in their breast. Our clinic has a team of health professionals who have special training in the care and treatment of the breast.

The goal of our clinic 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’ or that you have breast cancer.

What can I expect?

Most clinic visits are 1 to 2 hours long. It is a good idea to pay for 2 hours of parking.

The clinic nurse sees you and takes a breast health history. The clinic doctor sees you and does a breast exam.

You could have a mammogram, an ultrasound, or both. We try to do them during your visit, but we might ask you to return another day. Or we might ask you to have these tests before come to the clinic.

You might have a breast biopsy (sounds like *bye-op-see*). A biopsy is when we take a sample of breast tissue and send to our laboratory to be examined. If you need a breast biopsy, we will give you more information and an appointment to return for this test.

When will I know the results from the tests?

When you have a change in your breast, you want to know what it is right away. Our goal is to give you answers quickly.

If the results are not ready when you are seen in the clinic, we will either arrange another clinic appointment or a time for us to call you at home with the results.

If you have a biopsy, we will give you an appointment 7 to 10 days after the biopsy to see the clinic doctor for the results.

If the results come back that you need to see a breast surgeon, or need to have different tests, we will arrange those appointments with you in the clinic.

How does my family doctor know about my clinic visit?

We send your family doctor a summary report of your visit and copies of all the tests done.

It’s 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 next you see the clinic nurse or doctor.

If you think of questions after you leave the clinic, you are welcome to call us at the number on this pamphlet. If you get our voicemail, please leave a message and we will call you back as soon as we can.