

Be Breast Aware

Know your breasts.

Know how they look and feel.



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.

Breast Health Clinic
Jim Pattison
Outpatient Care and Surgery Centre
9750 - 140th Street
Surrey, B.C.
604-582-4563

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

Jim Pattison
Outpatient Care and Surgery Centre

Monday to Friday
8:00AM to 4:00PM

604-582-4563

 **fraserhealth** Better health.
Best in health care.

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 aim 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.

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.

If the clinic doctor thinks it is needed, 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 it cannot be done the same day, we arrange an appointment for you 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.

Usually, we can give you results of tests the same day. If you have a biopsy, we give you an appointment 7 to 10 days after the biopsy to see the surgeon about the results.

How does my family doctor know about my clinic visit?

We send your family doctor a report summarizing your visit and the results of your test(s).

We are here to answer your questions and support you through this process.

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 clinic 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.