

Screening Mammogram Results Notification
Normal Mammogram

29 Nov 2024
Exam Date: 01 Jul 2024

Tes [REDACTED] FN Tes [REDACTED] MN Tes [REDACTED]_21
126 FIRST AVE Apt 02
Vancouver, BC V5Z 1G6

Your recent screening mammogram (breast x-ray) result is normal and show no signs of breast cancer.

NEXT STEPS:

No further action is recommended at this time. Your results have been sent to the health care provider on record: NATALIA PLISBVEM. Even though mammograms are the best method we have for early detection, not all cancers are found with mammograms. In addition to screening when recommended, you should look out for any unusual changes to your body. **If you feel a lump or have any other reason for concern, you should tell the health care provider – even if you have recently had a normal mammogram.**

Breast Density: Category BI-RADS B. Please see reverse side for more information on your breast density.

You are recommended to repeat breast screening in 24 months. If you are under the age of 75 and are registered with a BC address, a reminder will be mailed to you when its time to screen again.

HOW WAS YOUR SCREENING EXPERIENCE?

Tell us about your mammogram experience. Scan this QR code or go to screeningbc.ca/breastfeedback to complete a brief questionnaire. You can link your feedback to your appointment by entering this code when prompted: FC [REDACTED] 40740. Doing this will not affect your care. You can also omit the code and complete the questionnaire anonymously.



You can also email screening@bccancer.bc.ca to request a questionnaire by mail with Subject line: Breast Questionnaire for FC [REDACTED] 40740.

Thank you for attending the BC Cancer Breast Screening Program.

Dr. Charlotte Yong-Hing
Breast Screening Medical Director

If you have received this report in error, please notify us immediately at 1-800-663-9203.

Screening Facility:
Surrey - Jim Pattison Outpatient Clinic Breast Screening

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What is breast density?

Breasts are made up of two main types of tissue – fibroglandular tissue and fatty tissue. Fibroglandular tissue appears dense on a mammogram, while fatty tissue does not. Most people have a mixture of both dense and non-dense (fatty) tissue in their breasts. The amount of dense tissue compared to the amount of non-dense tissue in your breast is commonly referred to as your 'Breast Density'. Having any amount of dense breast tissue is normal and very common.

How do I know how much dense breast tissue I have?

The amount of dense tissue in your breasts is measured by a radiologist using the Breast Imaging Reporting and Data System (BI-RADS). Your BI-RADS assessment is on the front of this notice. The amount of dense breast tissue increases with each category letter:

BI-RADS A	BI-RADS B	BI-RADS C	BI-RADS D
Your breasts are composed almost entirely of non-dense (fatty) tissue.	Your breasts are composed of mainly non-dense (fatty) tissue, with some scattered areas of dense tissue.	Your breasts are composed of a mixture of non-dense (fatty) tissue and dense tissue.	Your breasts are composed of almost entirely dense tissue.

Your breast density can only be seen on a mammogram and is not related to the size or feel of your breasts. It varies from person to person and can decrease or change over time, particularly as a person gets older.

Why is it important that I know my breast density?

1. Research shows that the risk of breast cancer increases as the amount of dense tissue in a breast increases. However, breast density only has a small impact on your overall risk. You should not be alarmed if you have dense breast tissue, but you should speak with a health care provider about your overall breast cancer risk.
2. Dense breast tissue can make it harder to find cancer on a mammogram. Normal dense breast tissue looks white. Breast masses or tumours also look white, so dense tissue can hide some tumours. This is why it is important to speak with a health care provider if you notice any changes in your breasts, even if you have recently had a normal mammogram.

Are there additional tests available for those with dense breasts?

Currently, there is not enough scientific evidence to recommend other tests based on breast density alone. The evidence does show that other tests, such as breast ultrasound, may find additional cancers in those with dense breast tissue. However, breast ultrasound testing can have a high rate of false-positive results. A false positive result is an abnormal test result that turns out to be normal after further testing (which can include biopsy or surgery). Speak to a health care provider to see if breast ultrasound is something to consider.

If I have dense breasts, do I still need a mammogram?

Yes. A mammogram is the only screening test proven to reduce breast cancer deaths. Many cancers are seen on mammograms even if you have dense breast tissue. Besides getting regular mammograms, you should be familiar with the look and feel of your breasts and speak to a health care provider if you notice any changes. You can also reduce your overall risk of breast cancer by maintaining a healthy body weight, staying active, limiting alcohol intake, breastfeeding if possible, and weighing the risk and benefits of hormone therapy for menopause symptoms (learn more at www.screeningbc.ca/breast). Even though dense breast tissue is a risk factor for breast cancer, having dense breast tissue on its own does not mean that you are at 'high' risk for developing the disease in your lifetime. Other risk factors for breast cancer include getting older, having a family history of breast cancer, and certain inherited pathogenic gene variants including BRCA1 and BRCA2.

See an educational video and learn more about breast density by visiting www.screeningbc.ca/breast

If you have changed your address, please visit <https://www.addresschange.gov.bc.ca/> to update your address with ICBC and Health Insurance BC online at the same time.

Breast Screening notices are available online on Health Gateway. Please visit healthgateway.gov.bc.ca to for more information and to register for access.

BC Cancer will collect and use your personal information for the purpose of providing screening services, including communication and follow-up, and for program evaluation purposes. This information is being collected in accordance with FIPPA s. 26(c) and (e). If you have any questions about the collection and use of your personal information, please contact screening@bccancer.bc.ca. For more information about privacy please visit ScreeningBC.ca.