

Breast Cancer Screening

A mammogram is a special x-ray that takes pictures of my breasts. This is a way for a doctor to find out if my breasts are healthy. I will go to a special clinic to have this test done – this might even be at a hospital. Having a mammogram does not mean that I am sick! This is something that most women are asked to do. At the mammogram, I will do these things:

1. Take off my top and my bra.
2. Then, my breasts will be placed on the x-ray machine.
3. I need to stay very still. It might feel a bit uncomfortable, but it should not hurt me.
4. The machine will squeeze my breasts and take the x-ray pictures.
5. I am all done!



Would I like to learn more about mammograms?



Do I want to watch a video?

https://www.youtube.com/watch?v=7OVR_KP1QoA



Do I want to read a booklet or look at pictures?

<http://www.mcdc.info/uploads/pdf/Taking-care-breasts-2010.pdf>



Do I want to listen to someone speak?

https://www.surreyplace.ca/documents/Flash/Examine%20yourself_breast%20health/data/swf/engage_256/Examine%20Yourself-Breast%20Health.html

Adapted from Simpson, K. (2001). *Table Manners and Beyond: The Gynecological Exam for Women with Developmental Disabilities and Other Functional Limitations*



“Hi, my name is Janelle. Here are some things that help when I get a mammogram. I hope they help you too!”



- Ask to have an appointment time that is best for *me*.

- Remember not to wear any deodorant that day.



- Bring a friend, family member or someone I trust to come with me.



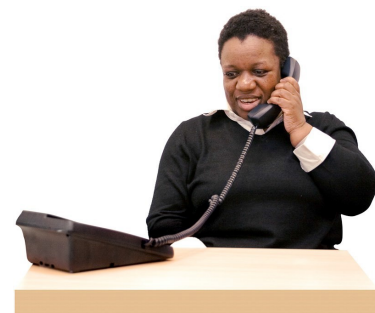
- Let the mammogram centre know that I might be a little nervous.



- Ask if I can sit down—if it is hard for me to stand up.

- Do something nice for myself when I am done.

- If I have questions, I can call someone before my mammogram: _____.



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