

200 Fletcher Crescent, Alliston,
Ontario L9R 1W7

TO BOOK AN APPOINTMENT:
Phone: 705-434-5133
Fax: 705-434-5111
Please bring a copy of the requisition with you to
your appointment

APPOINTMENT DATE AND TIME: _____

MAMMOGRAPHY REQUISITION

Name: PRINT CLEARLY OR USE PATIENT LABEL	Health Card #:
Address:	
Phone #:	DOB: (YY/MM/DD)

PERTINENT HISTORY

Previous Mammogram: Yes No If yes what location and year _____

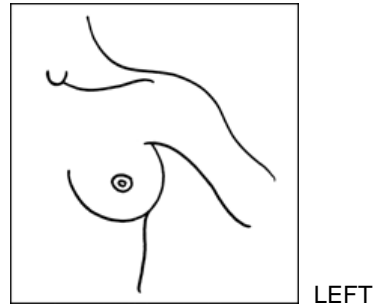
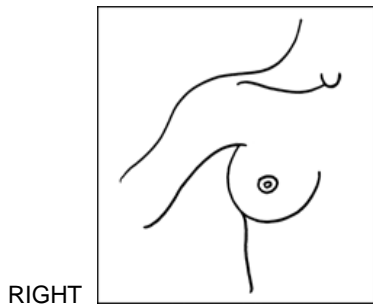
Family History of Breast Cancer: Yes No Relationship: _____

Previous Trauma or Infection: _____

Hormone Replacement Therapy: Yes No Duration: _____

Menstrual Status: _____

RT	LT	CLINICAL HISTORY OR INDICATION FOR EXAMINATION	
		Palpable Lump	Routine Health Check:
		Thickening	Diffuse Nodularity:
		Nipple Abnormality	Extremely Large Breasts: _____
		Inflammation	Mammoplasty: Augmentation <input type="checkbox"/>
		Skin Changes	Reduction <input type="checkbox"/>
		Pain or Tenderness	Axillary Adenopathy: _____
		Nipple Discharge	Metastases, Looking for Primary: _____
		Recent Cyst Aspiration	_____
		Previous biopsy	Other (specify): _____
		Previous Mastectomy for Cancer	_____



Please indicate Size and Location of Lumps Site of Biopsy Scars, etc.

Referring Physician:	Family Physician: Signature and print name include phone and fax # for Physician
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PLEASE NOTE: Patients arriving without an appointment, a requisition, or late, may have to be **re-scheduled**.
Children (whose parents have X-ray or ultrasound appointments) **will not** be allowed into the X-ray or Ultrasound Rooms.
Please make necessary babysitting arrangements.

MAMMOGRAPHY INFORMATION

WHAT IS MAMMOGRAPHY?

Mammography is the x-ray examination of the breasts, done to detect breast disease, particularly cancer.

WHAT ARE THE ADVANTAGES OF MAMMOGRAPHY?

Mammography can detect many breast cancers before they can be felt by a woman herself or by her physician.

Early diagnosis of breast cancer, before it has spread, permits simpler surgery and treatment and is very important in prolonging a woman's life after diagnosis.

The combination of clinical breast examination by a trained professional and mammography is crucial in the early detection and successful treatment of breast cancer.

To avoid delays in booking routine tests your appointment may be scheduled on a day a doctor is not available to review your films before you leave, so you may need to come back for additional films.

Day of the Test

- Wear a two-piece outfit, with a top that is easy take off.
- You are asked to not wear deodorant or talcum powder.

THE TEST

- Every mammogram needs at least 4 pictures and they are
 - 1 view of each breast from top to bottom
 - 1 view of each breast from side to side
- Although you will have some discomfort while each image is taken, the exam should not be painful.
- For each picture a special paddle on the mammography machine firmly presses the breast against a detector for 5-10 seconds.
- This pressure to the breast (or compression) is very necessary. It allows the specialist to see fine detail which might otherwise be missed.
- Without compression, breast tissue has the same appearance as fluffy cotton wool. Also, compressing the breast reduces the amount of radiation to the breast.

It will take 3 working days for the report of your examination to be sent to your doctor

ADDITIONAL FILMS

- Depending on your age, family history and condition, the specialist, after having seen the 4 pictures, may ask for additional mammography views and/or an ultrasound test of specific areas of the breast. This request is routine (even for "normal" breasts) and does not necessarily indicate a problem.

If you need to return for additional mammogram views and/or ultrasound, you will be notified by your own doctor.

Your own doctor will then arrange a new appointment for you.

IS THERE ANY PREPARATION INVOLVED?

You should wear a two piece outfit since you will need to undress from the waist up. You should remove all under arm deodorant or powder by washing under your arms and around your breasts prior to the examination.

You may wish to bring underarm deodorant to apply after the exam. **Avoiding caffeine for one week prior to your mammogram may make the examination more comfortable.**

Please arrive 10 minutes before your actual appointment time. This allows us to complete the preliminary paper work.