
The best in breast care

Breast assessment is part of services of the Breast Care Program of St. Joseph's Health Care London. It is a coordinated, specialized service to ensure you receive the information you need and have the right test done as quickly as possible when a change in your breast is detected.

St. Joseph's Breast Care Program offers comprehensive breast imaging, diagnostic and surgery services. The program brings together the dynamic, interdisciplinary breast care team of surgeons, radiologists, medical radiation technologists, ultrasound technologists, nurse navigators, advanced practice nurses, social workers, spiritual care providers and others in a setting that nurtures and supports seamless, innovative care for patients focused on individualized care needs, collaboration among care providers and the best in care, teaching and research.

The unique, specially-designed Norton and Lucille Wolf Breast Care Centre is the main hub of St. Joseph's Breast Care Program.

Location

Hours: 8:00 am-4:00 pm
Monday to Friday

Location: Norton and Lucille Wolf
Breast Care Centre
St. Joseph's Hospital
Room D1-112
268 Grosvenor St.
London, ON, N6A 4V2

Telephone: 519 646-6000 Ext. 65971

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Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

Breast Assessment



Breast Care Program St. Joseph's Hospital

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How a Breast Change or Abnormality is Assessed

Breast assessment includes all the tests and procedures you need so that you and your doctor have more information about the change or abnormality found in your breast.

When a questionable area is found on clinical breast examination or on a screening mammogram, a diagnostic mammogram and/or an ultrasound are often the only tests(s) needed to confirm that the breast change is benign.

About 90 per cent of breast changes or abnormalities are found to be benign or a harmless variation of normal breast tissue.



Most women will not need further testing beyond a special mammogram or ultrasound to find out their breast change is benign or a harmless variation of normal breast tissue.

Diagnostic Mammogram

This is a special x-ray of the breast. With this technology, special mammography views can be obtained. The two most common special views are:

Spot or Cone Compression Views

These are special views or pictures of one small area in the breast. By using a small compression plate that only presses on a tiny area, the picture is clearer and the edges of the breast abnormality are easier to read.

Magnification Views

Magnification views are blown up pictures of an area in the breast. Tiny deposits of calcium that can show up on a mammogram are magnified so they can be better assessed.

The breast x-ray takes about ten minutes. Please wear a two-piece outfit.

Ultrasound

Ultrasound helps determine if a breast abnormality is a cyst/cystic or solid. A cyst is a fluid-filled sac, which is not cancerous.

High frequency sound waves, rather than x-rays, are used to create a picture. The procedure is painless. Lubricating jelly, which helps the movement of the sound waves, is put on the skin. A small hand-held device is then held against the skin while the sound waves pass through the breast and back to the ultrasound machine. The jelly washes off easily.

An ultrasound takes about twenty minutes. Please wear a two-piece outfit.

Following assessment

Contact your family physicians office five to seven days after your appointment if you haven't heard about the results of your tests.

If the results are benign or normal, you will return to routine screening and monitoring by your doctor.

If there are still questions after your diagnostic tests have been completed, you may need additional tests and these will be arranged for you.