

## Breast Health Clinic

Screening, investigation and  
consultation



## The Breast Health Clinic

The Breast Health Clinic, at Hôpital Pierre-Le Gardeur, is designated by the ministère de la Santé et des Services sociaux to offer screening mammograms under the Québec Breast Cancer Screening Program.

In the event of an abnormal mammogram, you may be asked to undergo additional examinations to determine the nature of the anomaly detected. This clinic also offers the possibility of meeting with a doctor to provide follow-up on your results.

The clinic can also assess and advise patients, following a request sent by a doctor, for benign breast pathologies (benign masses, pain, discharge...).

Services offered at the Breast Health Clinic:

- Screening and diagnostic mammograms
- Additional radiological examinations (mammogram, ultrasound or biopsy)
- Medical assessment by a doctor at the clinic
- Support, education and information provided by a nurse clinician
- Support provided by a psychosocial worker
- Meeting with a surgeon

When you arrive, you will be received by an administrative agent. This person will inform the team of our arrival and give you instructions to follow. At each of your appointments, the administrative agent will ensure that you are informed of the necessary appointments, according to your situation.

## Telephone directory

### Hospital: 450-654-7525

Breast Health Clinic reception .....	ext. 31111
Breast Health Clinic appointment .....	ext. 31111
Nurse clinician .....	ext. 31233
Oncology reception .....	ext. 23159
Look Good, Feel Better .....	ext. 37733
Pastoral service .....	ext. 14117

Appointment Centre .....	450-581-3020
Info-Santé .....	811

CLSC Lamater (Info-Santé) .....	450-471-2882
CLSC Meilleur (Info-Santé) .....	450-654-2572
CLSC Pointe-aux-Trembles (Info-Santé) .....	514-642-4050

### Resources

Regroupements des aidants naturels du Comté de L'Assomption (caregiver association) .....	450-581-9079
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Cancer aide Lanaudière (support group)	
Joliette .....	450-756-0869
Repentigny .....	450-756-8437

Canadian Cancer Society	
Cancer j'écoute (telephone support group) .....	1-888-939-3333
Suicide crisis helpline .....	1-866-277-3553
Quebec Cancer Foundation .....	1-877-336-4443
Info cancer, documentation centre .....	1-800-363-0063

## Surgeon

The Breast Health Clinic works closely with a team of surgeons. When necessary, they serve as consultants in the treatment process.

A surgeon is a specialized doctor who performs surgical procedures to treat diseases, correct deformities or heal wounds. The surgeon will:

- review the patient's medical file to assess the necessity of a surgical procedure
- determine the appropriate type of surgery and surgical technique
- find out if the patient has ever had any allergies to medications or medical treatments
- prepare and perform the surgical procedure, if necessary, in collaboration with other health professionals

Through the entire process, the surgeon will answer the patient's questions and provide them with necessary information. They will also provide post-operative follow-up and serve as the intermediary with the oncology clinic, if needed.

**Remember that you are in a screening process. The purpose of additional examinations is to make a precise diagnosis, and the entire team is there to reassure you.**

## Members of the team and their roles

### Mammogram technologist

Following a request from a doctor, a technologist will produce images of part or all of the body using X-ray emitting equipment.

A mammogram technologist is specialized in breast medical imaging. They will:

- explain the procedure and answer questions, if possible
- correctly place the patient and the equipment
- be reassuring and offer emotional support
- make sure the patient, staff and visitors are protected from the radiation
- monitor the patient during the procedure and help the radiologist as needed
- ensure that the equipment is working properly
- perform the examinations with precision and provide quality images so that the radiologist can make a precise diagnosis

The technologist works in close collaboration with the radiologist.



## **Radiologist**

A radiologist is a doctor specialized in medical imaging, and serves as a medical consultant to general practitioners and specialists.

A radiologist interprets radiological examinations to collect the data necessary to make a diagnosis. Often, the radiologist performs procedures, such as biopsies and aspirations, to make a more precise diagnosis. The radiologist detects anomalies indicative of disease and interprets the nature and seriousness of the anomaly.

Without a quality diagnosis, providing care would be impossible. The role of the radiologist is essential in the diagnostic chain and makes it possible for your treating physician or general practitioner from the Breast Health Clinic to administer treatment.

## **General practitioner**

The interdisciplinary team at the Breast Health Clinic also includes two general practitioners who will provide you with support and information through the entire investigation process.

The role of the general practitioner at the Breast Health Clinic is very wide ranging. The doctor may:

- assess urgent cases
- perform a clinical examination of the breasts
- treat non-surgical breast problems
- consult the results of the screening mammogram and discuss additional examinations required to establish a diagnosis

Throughout the investigation process, the general practitioner will be able to inform and guide you so that you can make free and informed decisions.

## **Nurse clinician**

A nurse clinician is the main resource for patients and their families. Their role is to ensure that the patient receives the necessary care, support and information in an appropriate manner by responding to their emotional, psychosocial and spiritual needs throughout the care process. The nurse clinician also coordinates all of the necessary services and ensures follow-up. This person also:

- keeps patients and their families informed
- assesses patients and responds to their needs with respect to the care process
- participates in the screening process and provides care
- ensures continuity and coordination of actions between the professionals
- monitors the patient's physical and psychosocial condition and is readily available
- works closely with the interdisciplinary team and serves as the link between the various team members

The nurse clinician is there for the patient, to respond to all their questions, either by phone or in person with an appointment, whenever they feel the need.

