Breast Cancer Screening, Diagnosis and Treatment

**WOMEN**

1. Before testing (screening)
   - Know if you should be tested and why.
   - Know the right age to start getting tested.
   - Make an appointment with your doctor, or find one, to talk about the test.
   - Talk with your doctor or nurse about any concerns.
   - Have close friends and family support you in getting tested.
   - Schedule your mammogram appointment, taking work, home, language, and getting there into account.

2. Getting a mammogram test
   - Keep your appointment.
   - If the doctor does not call you back in a week, call the office to ask for the results.

3. If the 1st test suggests cancer
   - The results may be normal, not normal, or somewhere in-between. Try not to panic or worry.
   - Ask what the mammogram results mean.
   - If the results are not normal, a breast ultrasound or biopsy may be recommended. Talk with your doctor and nurses about the results and the next steps.
   - Make and keep follow-up appointments.
   - Ask your close friends and family for support.

4. If the doctor tells you it’s cancer
   - Ask all the questions you want. The doctor, nurse, and staff are there to help you understand and make good decisions about next steps.
   - Expect to be referred to a cancer specialist who will discuss the best treatment options and take over your care for a while.
   - Ask your close friends and family for support.

**DOCTORS AND NURSES**

1. Before testing (screening)
   - Have a good clinic record system that reminds you which patients are due for testing.
   - Talk with each patient about her risk of breast cancer, the benefits and risks of testing, and the right age to start testing.
   - Answer questions from your patient about her concerns—costs, cultural barriers, fears, etc.
   - Identify where she can get the test done.
   - Have the office staff remind your patient of her upcoming appointment.

2. Getting a mammogram test
   - Help your patient understand what she needs to do during the test.
   - Answer her questions before and during the test.
   - Get results quickly and promptly call your patient.

3. If the 1st test suggests cancer
   - If possible, assign a patient navigator to your patient.
   - Talk with your patient about the next set of tests.
   - Answer questions about your patients’ concerns.
   - Refer her promptly for the next test or to the next doctor.
   - Remind your patient of her upcoming appointments.
   - Schedule a follow-up appointment, regardless of the results of the next test.

4. As soon as you know it’s cancer
   - Know the next step(s) and why they are needed.
   - Refer your patient promptly to a cancer specialist.
   - Keep track of her progress so she continues to see the cancer specialist(s) and gets all necessary therapy.
   - Work with a patient navigator, if possible.