

## What is the High Risk Ontario Breast Screening Program (OBSP)?

- Annual breast MRI and mammogram screening
- For women between the ages of 30 – 69 who are at high risk

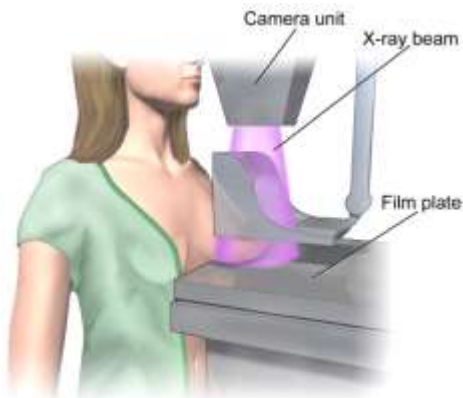
## What is “high risk”?

- The average breast cancer risk for women is approximately 12% (1 in 8 women) and it most commonly affects women over age 50
- High risk women have a lifetime risk of breast cancer that is equal to or greater than 25%. Risk assessment for this program is done through a consultation with a genetic counsellor.

### Mammogram

#### What is it?

A mammogram is a low dose X-ray that can find changes in the breasts



#### What to expect

- Wear a comfortable, two-piece outfit as you'll be asked to remove your top
- Avoid deodorant, talcum powder, or lotion under your arms or on your breasts
- Some women may experience discomfort while having a mammogram
- Visit this link on how to prepare for a mammogram:  
<https://www.hamiltonhealthsciences.ca/share/mammogram-tips/>

### Breast MRI

#### What is it?

Magnetic resonance imaging (MRI) uses magnets and radio waves to create pictures of the structures in the breast without radiation



#### What to expect

- Do not wear perfume or strongly scented products
- Leave jewelry and metal accessories (hair pins, watches, etc.) at home
- IV contrast dye injection will be given to help get a better picture of the breasts
- Talk about sedation before your appointment with your doctor if you are anxious or claustrophobic
- If you take a sedative, take 45 mins-1 hour before your MRI. Plan to have someone drive you home.

## Why do I need to have both a mammogram and an MRI?

- The combination of mammogram and MRI has the highest sensitivity for detecting breast cancer in high risk individuals
- MRI alone is not recommended as a screening test because it can miss some cancers that a mammogram would find

## What happens after screening?

- All results will be forwarded to your family doctor
- OBSP staff will contact you if you need further follow-up, such as extra images or biopsies
- You will receive a reminder letter annually when it is time for screening; if you do not receive a letter, contact your site

## Frequently Asked Questions

### WHAT IF...

- ...I have a new address/phone number/  
family doctor?
- ...I am pregnant or have finished breastfeeding?
- ...I need to reschedule an appointment?
- ...I have not heard about my initial appointment?
- ...I no longer want to be a part of the  
High Risk Screening Program?

Please contact your family doctor  
as soon as possible.

- ... I have questions about my screening  
results, biopsy, or follow-up?
- ... I am having/worried about breast symptoms  
(i.e. new lump, skin changes/dimpling,  
redness, nipple discharge, etc.)

- ...there are changes to my  
family history of cancer?
- ...I have questions about  
genetic testing?

Please contact your genetic  
counsellor at 905-521-2100:

- Corissa Androich – ext. 65924
- Erin Kelter – ext. 43160
- Kowuthamie Tharma – ext. 43159
- Lorrie Lynch – ext. 64224

Please contact your high risk screening  
site directly (see above)

OR

Email us at [OBSPHighRisk@hpsc.ca](mailto:OBSPHighRisk@hpsc.ca)

*Precautions are taken to make sure your personal health information is secure. However, with electronic communication, including virtual/telephone consults and email, there is a small risk of unauthorized disclosure of information.*

For any other questions...

Please call the appropriate  
high risk screening site below:

- Juravinski Hospital/  
CIBC Breast Assessment  
Centre:  
905-521-2100 ext. 43148
- St. Joseph's Hospital  
(Hamilton):  
905-522-1155 ext. 35281
- Niagara Health- St.  
Catharines Site:  
905-378-4647 ext. 46345