High Risk Ontario Breast Screening Program

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
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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 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

... 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.)

Please contact your family doctor as soon as possible.

... 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

For any other questions...

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

OR

Email us at OBSPHighRisk@hhsc.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.