



## NOVA SCOTIA BREAST SCREENING PROGRAM

The results from your screening mammogram will be sent to both your health care provider and yourself. If your results letter is normal please follow-up with your health care provider about the below noted finding.

**Mammograms are not perfect and we want to ensure that the noted finding has been assessed. If you have any questions please do not hesitate to contact our Patient Navigator at 902-425-2410.**

Specifically, it's important to make an appointment with a primary care provider to talk about:

- palpable lump
- dimpling/puckering
- thickening/hardening
- inverted nipple
- rash/redness
- skin changes
- change in size/shape
- bloody nipple discharge
- other: \_\_\_\_\_

**ALWAYS SEE A HEALTH CARE  
PROVIDER ABOUT UNUSUAL  
CHANGES IN YOUR BREASTS**

