

BREAST CANCER SCREENING ACTIVITIES RESUMING

Baie-Comeau, June 26th, 2020 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wants to inform women in the region that breast cancer screening activities will be progressively resuming, respecting the capacity of the region's screening centres, following ministerial directives and making sure that the physical distancing rules are followed. In order to ensure your safety, new measures were implemented in screening centres: it is strongly recommended that you wear a mask or face covering during your screening, you must perform hand hygiene and you must keep two metres between yourself and other users.

Starting on June 29th, 2020, letters of invitation for the Québec Breast Cancer Screening Program (PQDCS) will be gradually mailed out on the territory (except regions covered by the mobile unit), spread over a few weeks to avoid long wait times in accessing the service. A regional monitoring committee was put in place to ensure that the service resumes properly and that all steps are respected. In regions covered by the mobile unit, the cancer screening activities are not resuming yet. A process evaluation is currently being carried out in order to offer a high-quality service while keeping the users and employees safe.

Please note that, due to the current situation:

- The waiting time to have a mammogram may be longer;
- Protective measures are applied;
- Your collaboration is required to ensure everyone's safety.

We invite you to contact your physician or a specialized nurse practitioner (SNP) right away if you notice changes in your breasts:

- A lump (mass) in the breast;
- The skin on a breast is pulled inward (retraction);
- The skin on a breast looks like orange peel;
- The skin over one third or more of a breast becomes red;
- Fluid suddenly comes out of the nipple;
- The nipple is retracted (the nipple looks like it is pulled inward);
- The skin on the nipple looks or feels different (for example, it may look like eczema but does not get better).

For any additional information, contact the Regional Service Coordination Centre at 418 589-3701, ext. 302875 or 1 877 484-3701 (toll-free). For more information on breast cancer screening, visit the following website: quebec.ca/en/health/advice-and-prevention/screening-and-carrier-testing-offer/breast-cancer-screening/.

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