
The best in breast care

The Breast Care Program of St. Joseph's Health Care London offers comprehensive breast imaging, diagnostic and surgery services.

The program brings together the dynamic, interdisciplinary breast care team of surgeons, radiologists, medical radiation technologists, ultrasound technologists, nurse navigators, advanced practice nurses, social workers, spiritual care providers and others in a setting that nurtures and supports seamless, innovative care for patients and collaboration among care providers focused on the best in care, teaching and research. The specially-designed Norton and Lucille Wolf Breast Care Centre is the main hub of St. Joseph's Breast Care Program.

From the moment an abnormality is found, through diagnosis, treatment and follow-up care, the compassionate team of experts at St. Joseph's is transforming care for those facing breast cancer.

Location

Hours: 8:00 am-4:00 pm
Monday to Friday

Location: Norton and Lucille Wolf
Breast Care Centre
St. Joseph's Hospital
Room D1-112
268 Grosvenor St.
London, ON, N6A 4V2

Telephone: 519 646-6000 Ext. 65008

Fax: 519-646-6027

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

Understanding Your Breast Finding



Breast Care Program St. Joseph's Hospital

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



What does BI-RADS 3 mean?

BI-RADS is a system used by the radiologists to classify a finding on ultrasound or mammogram. **If you have a breast finding that has been classified as *BI-RADS 3, it is probably not a cancer.** The risk of malignancy or cancer in this category of breast findings is less than 2 per cent. Findings classified as BI-RADS 3 include fibroadenoma, complicated breast cysts, or breast asymmetry.

What kind of follow-up care will I receive?

It is recommended that you receive follow-up care at short term intervals to support the radiologist's (x-ray doctor) diagnosis. This allows the radiologist to ensure that the finding is stable.

Short-term follow-up includes an ultrasound and/or mammogram of the involved breast at 6 months, 12 months and 24 months following the initial examination. If there is no change in the finding then a BI-RADS 2 (benign) classification is confirmed and you may return to routine screening. Sometimes, if there is a change in the finding, a biopsy or MRI might be required to gain more information about the lesion. This will be determined by the radiologist.

What is a fibroadenoma?

A fibroadenoma is a solid mass that is not a cancer. It is one of the most common breast lumps in young women. It often occurs in teenaged girls and women under the age of 30. It is usually discovered on screening mammogram or on examination of the breast. It feels like a smooth, rubbery or firm lump that moves easily under your skin. It is usually painless.

Fibroadenomas are often affected by hormone changes in the body. About 20 per cent of women can experience multiple fibroadenomas in their breasts.

Management of this type of breast finding is done with short-term follow-up and careful monitoring to detect any changes. If the radiologist detects a change in the lump then a biopsy may be required.

What are breast cysts?

Breast cysts are fluid-filled sacs. You may develop one or many breast cysts. A breast cyst usually feels like a grape or a water-filled balloon, but sometimes it feels firm. Breast cysts don't usually require treatment unless they are large and painful.

Occasionally, when a cyst appears somewhat "complicated" (usually because of some infection or if it is partially ruptured), short-term follow-up is required.

What is breast asymmetry?

Breast asymmetry is a finding seen on your mammogram. It is usually not a cancer. It's most often related to variations in normal breast tissue, postoperative changes, or from hormone replacement therapy. In some cases it can represent a developing mass or underlying cancer. For this reason it should be further assessed with additional mammograms. If the asymmetry continues to be seen, an ultrasound is done. If no abnormality is found on ultrasound the radiologist may recommend short-term follow-up.

***BI-RADS 3 is an acronym for Breast Imaging Reporting & Data System developed by the American College of Radiology.**