



# Dense Breasts Canada Update #1

It's Breast Cancer Awareness Month and we're excited to launch our first e-update.

Dense Breasts Canada is committed to raising awareness of the risks of dense breasts and advocating that all Canadian women be directly informed of their breast density. We have updates on what's happening in our provinces.

Dense Breasts Canada is also committed to raising awareness about the dangers of Canada's breast cancer screening guidelines. Along with some of Canada's leading breast cancer experts, we're advocating that the current guidelines be revised because they put Canadian women's lives at risk. Please check out the new informative video: *Breast Screening: Getting it Right! Experts weigh in.*

Thank you for your support and help raising awareness!

Jennie Dale and Michelle Di Tomaso

Co-founders, **Dense Breasts Canada**

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# GREAT NEWS

*for the women of*  
*Alberta!*

**Breast density  
notification has begun!**

[densebreastscanada.ca](http://densebreastscanada.ca)

We're super excited for the women of Alberta!

On October 1st, Alberta began breast density notification directly to women. By Dec. 31st, all sites will be mailing out mammogram result letters that include the patient's breast density. This information can help women make informed decisions about their screening and be proactive about their risk.

Alberta joins British Columbia, New Brunswick, Nova Scotia and Prince Edward Island in informing **ALL** women of their breast density, after a screening mammogram.

Manitoba, Ontario and Saskatchewan inform only women with the highest category of breast density (Category D). That leaves women in Category C in the dark. We hope to see Manitoba and Saskatchewan telling **ALL** women in 2021, once their systems are updated.




## WTG! 3 Maritime provinces now informing **ALL** women of their breast density!

Thrilled to announce that breast density notification began in New Brunswick in July 2020. All women having a screening mammogram are now being informed of their density and can make informed decisions about optimal screening. New Brunswick joins Nova Scotia and Prince Edward Island in telling **ALL** women their density.

Huge thanks to advocate Kathy Kaufield who worked tirelessly to get density notification in New Brunswick. Please check out Kathy's great video: *WTG Maritimes!*

To the women of Newfoundland and Labrador, please let Premier Furey know that all women have a right to know their density. [premier@gov.nl.ca](mailto:premier@gov.nl.ca)

Watch Now



**TRACEY & CHLOE**  
Nepean

All Ontario women must be told about their breast density directly in the mammogram results letter mailed to them!

## #TellMe Ontario

We'd like to share our new #TellMe Ontario video and campaign with you.

Watch Now

Currently, in Ontario only women in the highest category of breast density are being informed. This leaves about 500 000 women in the second highest category of breast density in the dark. They too have dense breasts. They are not told they are at increased risk of cancer, and they are not told that cancer can be hidden on their mammogram by dense tissue.

All the Ontario government needs to do is simply add ONE line stating the density in the mammogram results letter already being sent to women. It's so easy to do. Many other provinces have done it. ALL Ontario women have the right to know their risk and the right to early detection of breast cancer. Please watch and share #TellMe Ontario.

Please consider sending a subject line email to Premier Ford and/or Minister Christine Elliott. The more women they hear from, the more likely they are to act.

Simply state:

All Ontario women have a right to know their breast density.

[christine.elliott@ontario.ca](mailto:christine.elliott@ontario.ca)

[premier@ontario.ca](mailto:premier@ontario.ca)



## MPP Kusendova speaks about breast density and Dense Breasts Canada

Thank you to MPP Natalia Kusendova (Mississauga-Centre) for your statement recognizing the importance of breast density as an important risk factor for breast cancer. Thank you for the shout out to DBC advocates. We ask the Ontario government to directly inform women of their breast density. If you would like to help with this advocacy, please [contact us](#).

Watch Now



# *Celebrating Two Years!*

## *of breast density notification in BC*

*densebreastscanada.ca*



### **Advocacy continues in BC: more clinics need to provide screening ultrasound to women with dense breasts**

Two years ago, British Columbia became the first province to notify women of their breast density category in the mammogram results letter mailed to them.

They also became the first province to declare that any woman with dense breasts wanting a screening ultrasound could get one, with a requisition. We rejoiced upon hearing the news because for women with dense breasts, mammography alone is not enough. Ultrasound can find additional cancers missed by mammography.

Currently, there are a few clinics in Vancouver, as well as Kamloops and Prince Rupert offering screening ultrasound. Our advocacy continues in BC to ensure that women will be able to easily access screening ultrasound.

If you know of a clinic in your community or would like to help with advocacy in BC, please [contact us](#).



### Advocacy continues in Québec: #DisMoi/#TellMe

Women in Québec are not being directly informed of their breast density. All family doctors receive the breast density information, but the information is not getting to patients. All the Québec government needs to do is add a line in the mammogram results letter being mailed to women.

Please consider sending a subject line email to Premier Legault and/or Health Minister Dubé. Simply state all Québec women have a right to know their breast density. If you would like to help with this advocacy, please [contact us](#).

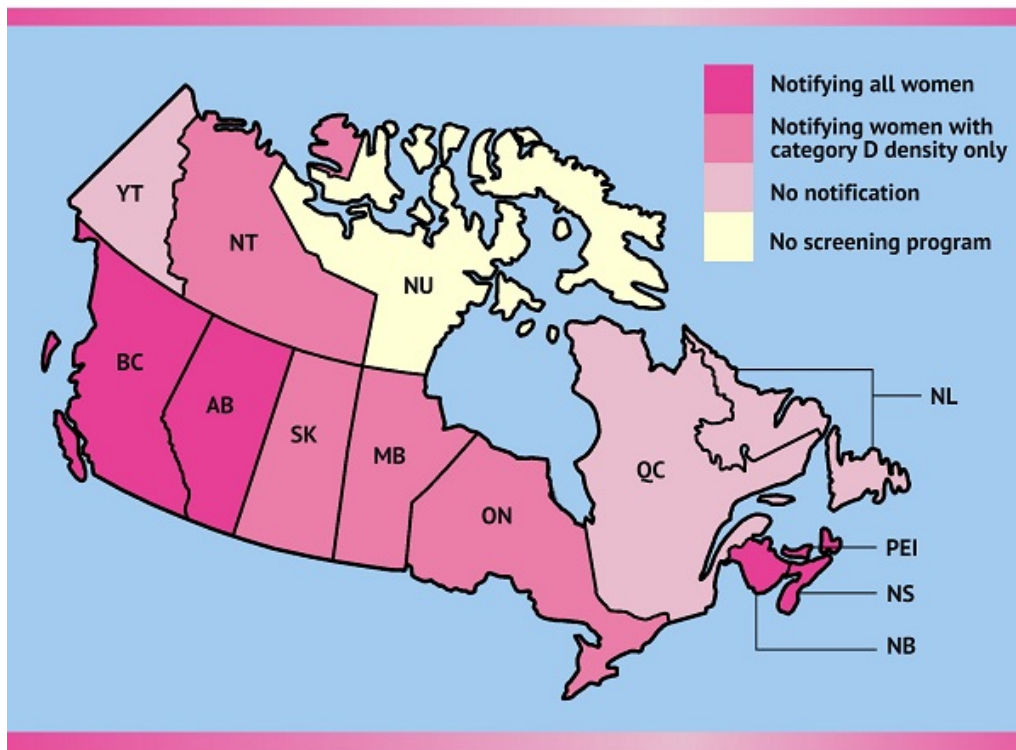
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Watch Now



## Breast Density Notification in Canada



[densebreastscanada.ca](http://densebreastscanada.ca)

Here's where Canada stands on density notification!

We've made great progress but will keep advocating until breast density information is directly told to **ALL** Canadian women and ultrasound screening is available for all women with dense breasts.

Prevention and early detection of breast cancer should **not** depend on a woman's postal code.

## Breast Screening Getting It Right

Experts Weigh In

## Breast Screening: Getting it Right! Experts weigh in

The Canadian Society of Breast Imaging brought together four of Canada's leading experts in breast screening to explain the current science that our healthcare providers **should** be following to ensure breast cancer is detected early.

Hear them give evidence based recommendations.

- Why do women in their 40's need screening?
- How often should women 50 and up go for screening?
- What age should women stop screening?
- How do the "harms" of mammograms compare to the benefits?
- What are the risks of breast density and the benefits of ultrasounds?
- And more

Please share.

Watch now

**The new Canadian Task  
Force Guidelines on Breast  
Cancer Screening are  
dangerous and must be  
rejected.**

**More than 78 100 signatures on our petition to our Health  
Minister Patty Hajdu! Please sign and share!**

Watch Now

**78,182 have signed.** Let's get to 150,000!



**More than 78k Signed**

Sign the Petition

Canadian breast cancer screening **guidelines** put women's lives at risk:

1. The guidelines ignore expert advice.
2. The guidelines ignore the importance of screening for women in their 40s.
3. The guidelines advise against breast self-exams.
4. The guidelines exaggerate the harms of recalling women for additional testing



after a mammogram.

5. The guidelines ignore significant health benefits of early cancer detection.

6. The guidelines ignore current data.

7. The guidelines ignore the risks of breast density and benefits of ultrasound.

Please sign to tell Health Minister Patty Hajdu that the guidelines for breast cancer screening must be rejected because they will cause loss of life.

[Sign the Petition](#)



### Can you see the Polar Bear?

Finding breast cancer in dense breasts has often been compared to finding a polar bear in a snowstorm. Kudos to the InforMD Alliance for this really great animation on breast density.

[Watch Now](#)

# A mammogram can save your life.



Please  
book  
yours  
today.

[www.densebreastscanada.ca](http://www.densebreastscanada.ca)

## Mammograms during Covid-19

Between March 15 and May 31, there was a 97% **decrease** in mammograms in Ontario alone. Across the country there are still delays and cancellations. In addition, some women may be hesitant to go for their mammogram. If you have concerns about what safety measures are in place, please call your imaging centre.

Many breast imaging centres have made changes to ensure patient safety: screening at the door, staff wearing masks and PPE, less chairs in the waiting rooms, more time between appointments, and the cleaning of exam rooms and equipment between each patient. Experts are reminding us of the importance of scheduling your mammogram. When cancer is detected early, women have a chance at a better prognosis and a chance to avoid chemotherapy, mastectomy and lymphedema. Until there's a cure, let's find cancer early!

## Spread the Word

Become an Ambassador



Follow us on social media

Visit our website  
[densebreastscanada.ca](http://densebreastscanada.ca)



Thank you to Amanda Theyers for the design and creation of our first newsletter!

[View her LinkedIn profile](#)

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