

## Quick Steps from Detection to Diagnosis

Whenever there is a suspicion of cancer, you want answers right away. At the Aspirus Women's Health Breast Center, we provide you with a definitive answer as quickly as possible after you, your provider, or your screening mammogram first uncovers a concern.

### Typically, most people will follow these steps:

#### Step One

*A concern is found by you, your health care provider, or through your screening mammogram*

If you discover a lump or other change through self-examination, first contact your health care provider. If your provider confirms your suspicion, or discovers a concern as part of an exam, a diagnostic mammogram and/or a breast ultrasound is usually recommended. We will work with you and your provider to schedule these tests as soon as possible.

#### Step Two

*A diagnostic mammogram and/or ultrasound is performed*

After your diagnostic mammogram and/or ultrasound, you will be told the results even before you leave the Aspirus Women's Health Breast Center. Your provider will also receive your results the same day. Our caring staff will guide you through your diagnostic testing and answer your questions, helping to ease your anxiety.

#### Step Three

*A biopsy is performed (if needed)*

Sometimes a biopsy is needed. The Aspirus Women's Health Breast Center Nurse Navigator will be your personal guide throughout this process, including scheduling your biopsy as soon as it can be done, preparing you for the procedure, and even being at your side before, during, and after the biopsy.

#### Step Four

*Getting your results within 24 hours of biopsy*

We know that waiting for results is hard, so you will get your results the very next day. When your biopsy is scheduled, you will decide how you want to get your results, either by phone, or in person at the Breast Center. Of course, your health care provider will also be kept informed every step of the way.

#### Step Five

*Navigation to treatment*

If breast cancer is found, the Aspirus Women's Health Breast Center Nurse Navigator will again be by your side. She will provide you with answers and support while arranging for follow-up with other physician specialists, such as a surgeon and an oncologist. These appointments are made within a few days of receiving your test results.

**The Aspirus Women's Health Breast Center is committed to ensuring that you receive care in a timely and personal way at every step of your journey.**