



## Breast Assessment Program

Your doctor has questions about your breast health and has referred you to the Breast Assessment Program (BAP).

It is stressful to wait for appointments and test results. You may have a lot of questions and concerns. You may be unsure what to expect or what to do next. Your first BAP appointment can also make you feel this way. This handout offers information on the care and support available to you from the BAP.

### What is the Breast Assessment Program?

The Breast Assessment Program is at the Oshawa site of Lakeridge Health. Your healthcare team from the BAP includes a nurse navigator, a surgeon and a clerk. You may have other members on your healthcare team. You will have appointments and tests scheduled to help your healthcare team find answers to questions about your breast health. The nurse navigator will be your contact for the BAP. It is important for you and your family member/partner-in-care to read the handouts the nurse navigator gives to you.

The nurse navigator will:

- Provide you with information and support as you wait for your test results.
- Talk to you about the next steps in your care.
- Provide you with the information you need to prepare for surgery.
- Answer any questions you have.

You can call the nurse navigator at: 905-576-8711 extension 36414 from 8 am to 4 pm, Monday to Friday (the BAP is closed on weekends and holidays).

### Your care and treatment plan

You can expect to:

- Have an appointment with a surgeon. The surgeon may order more tests for you.
- Sign consent for your surgery.
- Receive a phone call from the surgeon's office with the date of your surgery. The nurse navigator does not schedule the date of your surgery.

**A list of your appointments** (you may not be scheduled for all of these appointments).  
You will be given the information you need for each appointment.

- Pre-surgical appointment is scheduled for: \_\_\_\_\_
- Needle localization is scheduled for: \_\_\_\_\_
- Nuclear Medicine – Radioactive tracer for sentinel node biopsy \_\_\_\_\_
- Surgery is scheduled for: \_\_\_\_\_
- Follow up appointment after surgery is scheduled for: \_\_\_\_\_
- Tests you may be scheduled for:
  - CT Scan \_\_\_\_\_
  - Bone Scan \_\_\_\_\_
  - MRI \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Appointment with a medical oncologist at the Durham Regional Cancer Centre  
\_\_\_\_\_
- Appointment with a radiation oncologist at the Durham Regional Cancer Centre  
\_\_\_\_\_

**A list of questions you want to ask the Nurse Navigator**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Talk to the Nurse Navigator if you have any questions or concerns about the information in this handout.

Last reviewed: DRAFT March 2023