

NSHA DIAGNOSTIC TESTING IWK CLINICAL MANUAL Clinical Practice Guidelines

Title:	Nova Scotia Breast Screening of Average Risk Individuals	Number:	NSHA DT-DI-035 IWK- 685
Sponsor:	<p>NSHA Senior Medical Director Diagnostic and Therapeutic Services Network</p> <p>NSHA Director Clinical Networks</p> <p>IWK Director of Healthy Populations & Provincial Initiatives</p> <p>IWK Director of Pathology & Lab Medicine, Diagnostic Imaging, and Maritime Medical Genetics</p>	Page:	1 of 5
Approved by:	<p>NSHA Clinical Operations Council (COC)</p> <p>IWK Policy and Practice Committee</p>	Approval Date: NSHA	Approval Date: IWK
		June 15, 2023	Feb. 14, 2023
		Effective Date:	July 11, 2023
Applies to:	Mammography Radiologists and Technologists, Physicians, Nova Scotia Breast Screening Program (NSBSP) Central Booking Staff		

PURPOSE

The purpose of the Nova Scotia Breast Screening Clinical Practice Guidelines is to provide standardized breast screening/breast imaging guidance to primary care providers, radiologists and Nova Scotians. These guidelines describe the approach to breast cancer screening for Nova Scotia individuals at average risk of breast cancer. They are advised to speak to their health care provider to see if screening is right for them.

The target patient population for this policy extends beyond women, and includes Transgender, Gender Diverse and Non-binary people to recognize the gender diversity of those that may benefit from breast screening (See [Appendix A](#) for definitions). This policy also recognizes the evolving nature of gender identity terminology and has adopted some terms that are more encompassing to be reflective of that.

Note: Nova Scotians and Individuals refer to women, Transgender, Gender Diverse and Non-binary people.

GUIDELINES

Screening People at Average Risk

Mammography (x-ray of the breast) is the best way to screen for breast cancer. It can find breast cancer at an early stage when it is easier to treat. Routine screening mammography monitors changes (when they are too small to feel or see) to the breast over time.

1. Asymptomatic individuals (no breast symptoms) who are at average risk of breast cancer and have never had cancer are screened with screening mammography.

- Two x-ray images of each breast are taken.

2. Screening mammography is available at both fixed and mobile locations.

3. Eligibility:

- Women, Transgender, Gender Diverse and Non-binary people (collectively referred to as “individuals”). Refer to [Appendix A: Definitions](#).
 - Transgender, Gender Diverse and Non-binary people refer to those who are:
 - Assigned female at birth and have not undergone gender affirming chest surgery (commonly referred to as Top surgery); *or*
 - Assigned male at birth and have been on feminizing hormone therapy for 5 or more years[†]
- Minimum age 40
- No new breast symptoms
- No breast implants
- No personal history of breast cancer

Note 1:

A screening mammogram is **not** recommended if an individual:

- Had never been on feminizing hormone therapy, or
- Was on feminizing hormone therapy for fewer than five years.

Note 2:

Refer to [Guideline #6](#) for individuals experiencing breast symptoms or have breast implants.

Referral

4. Individuals who meet the eligibility criteria can **self-refer**.

5. Individuals ages 40-74 who have normal screening results are automatically invited back for subsequent screening by means of a recall/reminder postcard.
6. If an individual is **experiencing breast symptoms**, or has **breast implants**, then a diagnostic mammogram will be performed at a diagnostic imaging site.
 - 6.1. The individual **cannot** self-refer.
 - 6.2. A primary care provider will need to complete and fax a requisition form to the NSBSP Central Booking Office.

Screening Recommendation

7. Refer to table below.

Criteria	Screening Recommendation
○ Age 40-49 years	○ Annually
○ Age 50-74 years	○ Every two years
○ A family history of breast cancer in one of: <ul style="list-style-type: none"> ● Parent/s, ● Child/ren, and/or ● Siblings 	○ Annually
○ Ages 50-74 and Category D Extremely Dense Breasts	○ Annually
○ Age 75 years and older	○ Screening can continue if individual is in good health

REFERENCES

- Canadian Association of Radiologists. (2016). CAR practice guidelines and technical standards for breast imaging and intervention. <https://car.ca/wp-content/uploads/Breast-Imaging-and-Intervention-2016.pdf>
- Tonelli, M., Connor Gorber, S., Joffres, M., Dickinson, J., Singh, H., Lewin, G., Birtwhistle, R., Fitzpatrick-Lewis, D., Hodgson, N., Ciliska, D., Gauld, M., Liu, Y.Y., & Canadian Task Force on Preventive Health Care. (2011). Recommendations on screening for breast cancer in average-risk women aged 40-74 years. *Canadian Medical Association Journal*, 183(17), 1991–2001. <https://doi.org/10.1503/cmaj.110334>

RELATED DOCUMENTS

Appendices

Appendix A: Definitions

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Appendix A: Definitions

Gender Diverse	Refers to persons whose gender roles and/or gender expression are at odds with social and cultural expectations; also known as “gender non-conforming” or “gender variant”.
Non-binary	An umbrella term that refers to diverse people whose gender identity is neither female nor male. Some individuals self-identify as non-binary, whereas others may use terms such as gender non-conforming, genderqueer, or agender. Non-binary people may or may not conform to societal expectations for their gender expression and gender role, and they may or may not seek gender affirming medical or surgical care.
Transgender	An umbrella term that describes a wide range of people whose gender identity differs from their assigned sex at birth. These could include, but not limited to: <ul data-bbox="487 819 1412 997" style="list-style-type: none">○ Assigned female at birth and have not undergone gender affirming surgery; or○ Assigned male at birth and have been on feminizing/affirming hormone therapy for five or more years

VERSION HISTORY

Version:	Effective:	Approved by:	What's changed:
Original	2019-03-04	NSHA HAMAC IWK Medical Advisory Committee	N/A NSHA former number: MC-WH-001
[Revised / Reaffirmed]	2023-07-11	NSHA Clinical Operations Council (COC) IWK Policy and Practice Committee	<ul style="list-style-type: none"> ○ Ages 50-74 and Category D Extremely Dense Breasts - Recommended for annual screening ○ Ages 50-74- exception removed for annual screening for individuals currently taking hormone replacement therapy (HRT) ○ Transgender screening eligibility included ○ Gender inclusive language added