

## BULLETIN FOR HEALTH AND WELLBEING

# QUEBEC BREAST CANCER SCREENING PROGRAM



The program is specifically aimed at women who are:

- Between the ages of 50 and 74
- Covered by Québec's public health insurance plan
- Women who have already had breast cancer are not eligible for the program. These women must have personalized medical care that is adapted to their situation.

The women aged 50 to 74 are invited to have a mammogram every 2 years. A mammogram is the only screening exam that can reduce the number of deaths from breast cancer. Participation in this program is voluntary.

Mammograms given at the program's Designated Screening Centers (CDD) are free of charge for all women insured under Québec's public health insurance plan.

If you're a woman between the ages of 50 and 74, you may have already received, or will soon receive, a personalized letter by mail inviting you to participate in the program. This letter is sent every 2 years. You are free to participate in the program or not.

This letter is your prescription to have a mammogram. It contains information about the Program and tells you how to make an appointment to have a mammogram at a Designated Screening Center (CDD) in your region.

You can participate in the Program even if you do not have a letter. You can get a prescription for a mammogram from your doctor or a primary care nurse practitioner.

**The Designated Screening Centre in our region is:**

**Centre hospitalier de Gaspé - Pavillon Hôtel-Dieu**  
**Address**  
**215, boulevard York Ouest**  
**Gaspé (Québec) G4X 2W2**

**Phone: 418-368-3301, Ext. 3238**

### **THIS ISSUE**

QUEBEC BREAST CANCER  
SCREENING PROGRAM

ASSOCIATION DU CANCER EST DU  
QUEBEC- PROFESSIONAL  
SUPPORT SERVICES

### **NEXT ISSUE**

HEALTH LITERACY

References :

<https://www.cisss-gaspesie.gouv.qc.ca/la-tele-sante-en-gaspesie/>  
<https://visiongaspesieperce.ca/travel-4-health/>

# ASSOCIATION DU CANCER EST DU QUÉBEC- PROFESSIONAL SUPPORT SERVICES

## Psychosocial support during cancer

Cancer intrudes into your life. It causes you to experience shock and makes you feel incomprehension, anger, fear, and stress. These reactions are natural. How can you regain your balance? The Social Workers from the Association du Cancer Est du Quebec provide an attentive response to a multitude of needs, whether you are a person with cancer or a loved one - a family member, friend, or colleague, for example.

Psychosocial support is a professional and confidential service accessible free of charge, at all stages of the illness: during the investigation period, during or after cancer treatments.

Psychosocial support covers a multitude of situations.

During a cancer episode, you may experience various unforeseen and new situations:

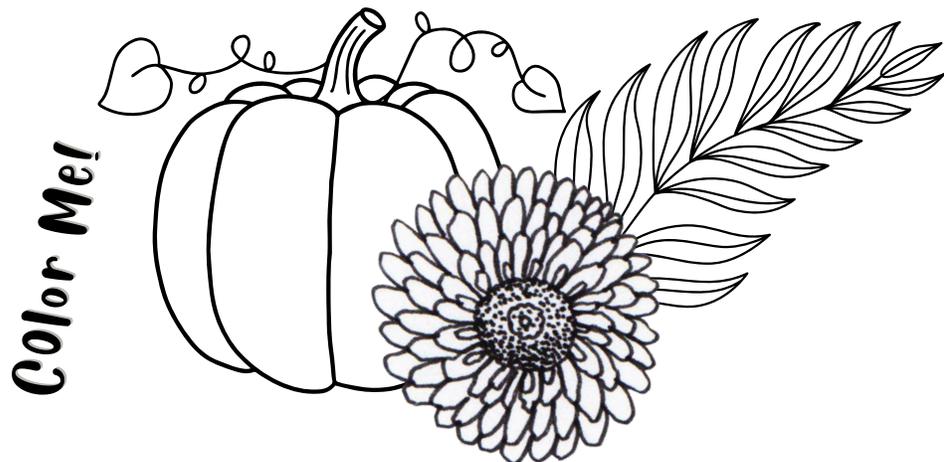
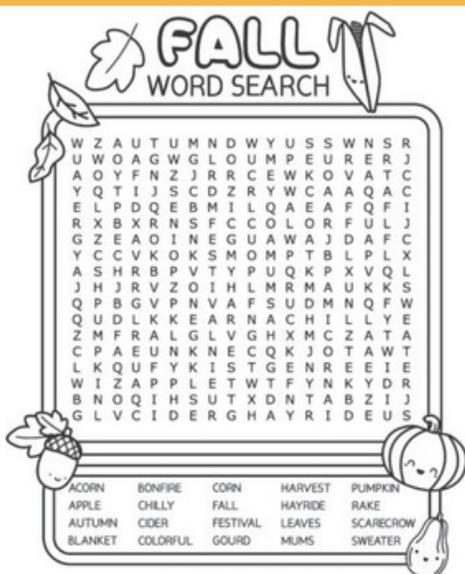
- fatigue, anxiety, loss of mobility
- worry before and after a diagnosis
- need to put words to your emotions
- need to be reassured and respected
- search for meaning in relation to suffering and life, questioning your values
- need financial support
- need information on available resources
- need for organization - loan of specialized equipment, home support in collaboration with the CLSC, transportation for medical appointments with the volunteer action centers in the territory, etc.

This is a service offered in complete confidentiality.

**To obtain psychosocial support or assistance, contact Josianne Gosselin, social worker, free of charge and confidentially:  
418 724-0600, ext. 2304  
1 800 463-0806, ext. 2304, toll free**



## Activity Corner



Always check with your physician before starting any new activities. This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.