



Providing exceptional patient care for more than 15 years, Canada Diagnostic Centres offers:

- Convenient appointment times
- Quick reporting back to your physician
- Free parking
- Leading-edge diagnostic imaging technology
- Images can be provided on a CD for ultrasound, MRI, CT scans and X-ray
- Culturally sensitive professional care
- Highly trained staff and a friendly, welcoming environment

Mammogram services are covered by Alberta Health Care and require a medical referral. To book a mammogram appointment, please call 1.877.420.4CDC (4232)

For more information www.canadadiagnostics.ca

Since 1993, Canada Diagnostic Centres have provided patients and healthcare providers with highly advanced diagnostic imaging of the body's most important organs and systems.



Locations:

Brentwood
830 – 3630 Brentwood Rd NW
Calgary, AB T2L 1K8

Chinook
1 – 6020 1A St SW
Calgary, AB T2H 0G3

Pacific Place
959 – 999 36 St NE
Calgary, AB T2A 7X6

Westhills
200A Stewart Green SW
Calgary, AB T3H 3C8

Okotoks
141 – 31 Southridge Dr
Okotoks, AB T1S 2N3

Westgate
172, 17010 – 90 Avenue
Edmonton AB T5T 1L6

All clinics hours:
Monday to Friday 8 am – 6 pm

MRI service hours:
Monday to Friday 8 am – 8 pm

Contact Information

General Bookings: 403-212-5855
MRI and CT Bookings: 403-212-5847
Toll Free: 1.877.420.4CDC (4232)
Fax: 403-253-4669
Web: www.canadadiagnostics.ca

Affiliated centres are located across Canada.



You and Your Mammogram

Trusted Procedures. Reliable Results.

Canada Diagnostic Centres offer both conventional and digital mammography. Both use X-rays for imagery. The conventional process stores the image on film. The digital process, like a digital camera, takes an electronic image and stores it on a computer.

An Extra Step for Better Detection.

Canada Diagnostic Centres now offer Computer-aided Detection (CAD) as a complimentary service for all screening mammography exams. For your peace of mind, CAD provides an additional, computerized review and analysis of your exam. Kind of like a second opinion.

The Power of Tomosynthesis

This advanced technology is offered with some diagnostic mammograms. It provides 3D images, from a variety of different angles. They provide greater detail and clearer images to help the radiologist make his or her diagnosis.

Recommended Schedule for Mammogram Screening

Age 40 – 69, annually.

Age 70 plus, talk to your doctor about how often you should be screened.

Source: ACS and AMA

How to be Good to Your Body

A mammogram is an X-ray of your breast tissue. It is one of the very best ways to screen for breast health. It can tell you that everything's okay or, it might indicate the need for additional testing. Because breast cancer is the most-common women's cancer, a mammogram can be reassuring.



You Deserve to be Reassured and Respected

You know your body better than anyone else. But even if you are diligent about breast self-examinations, screening exams are still recommended especially if you're over 40.

Screening mammograms are nothing to be afraid of. If you have no breast cancer symptoms, you'll usually have two X-rays taken of each breast. And you'll be surprised at how you're in and out, in no time at all.

Diagnostic mammograms are performed if you have specific breast issues such as a new pain, lump or unusual change to your skin or nipple. No matter what your age is, if you ever experience one of these symptoms, visit your doctor immediately. You should do this even if you've had a recent screening exam or check up.

Your diagnostic exam will likely include a mammogram and an ultrasound in order to exclude evidence of cancer, as quickly as possible.

For Your own Comfort and Care

It might help to know that the staff at Canada Diagnostic Centres will do their best to put you at ease. A technologist will gently position your breast on what's called a breast platform. A plastic compression paddle will then be lowered onto your breast. It's important to keep in mind that the more relaxed you are at this time, the less you'll feel the compression. And the better your breast tissue will be visualized. A series of four (or more) images will be taken. And in most cases, for a screening mammogram, you'll be out of there in about 10 to 20 minutes.

Two Things to Do before you Schedule an Exam

1 You really should visit your family doctor to have your breasts examined and to discuss any new findings or problems. This is also a good time to review prior surgeries, biopsies, hormone use and family or personal history in regards to breast cancer.

2 To minimize potential breast discomfort, the best time to schedule your mammogram is one week after your period. If you have premenstrual tenderness in your breasts, you are well advised to schedule your appointment after it has subsided.