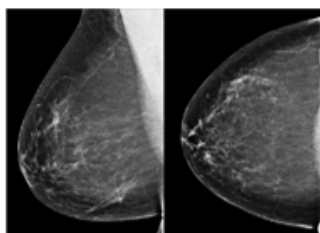


Ontario Breast Screening Program Breast Density Information

What is Breast Density?

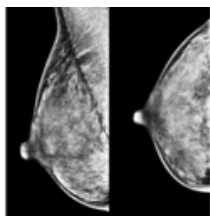
Breast are composed of fatty and fibroglandular tissue

Fatty Tissue



appears non-dense
(grey/black) on
mammography

Fibroglandular tissue



appears dense (white) on
mammography

- The OBSP defines high breast density as 75% or higher mammographic density.
- Women with high breast density are currently recalled annually by the OBSP.
- Women with high breast density have a higher risk of developing breast cancer.
- Since both dense breast tissue and masses appear white on a mammogram, it is more difficult to find breast cancers in dense breast tissue.

How is Breast Density Reported?

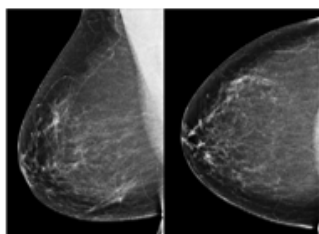
Mammographic Density (1)

Visual estimate of the percentage of fibroglandular tissue in the breast. Reported as either less than 75% or greater than/equal to 75%

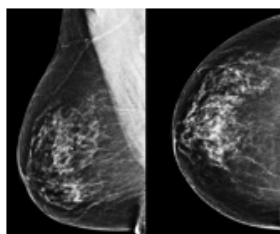
BI-RADS Breast Density Categories (2)

Visually estimated description of the volume of dense breast tissue on a mammography, stratified into 4 categories: A, B, C, D

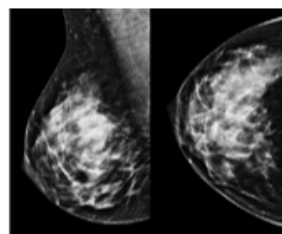
BI-RADS Category A



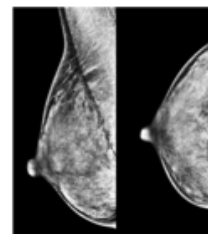
BI-RADS Category B



BI-RADS Category C



BI-RADS Category D



Educating Patients on Breast Density

- 1) Participants will be recalled in 1 year if they have high breast density (75% or higher)
- 2) Breast composition changes with age. Younger women generally have denser breasts than older women
- 3) If a participant's breast density decreases (less than 75%) they may return to screening every 2 years
- 4) The OBSP does not recommend supplemental screening based solely on breast density
- 5) Menopausal hormone therapy can increase breast density

Breast Cancer Risk Factors Patients Can Control

- 1) Alcohol Consumption
- 2) Adult weight gain
- 3) Physical Activity

Breast Density Reporting Updates

As of July 2021, the OBSP screening report will include two measures of a participant's breast density. Primary care providers who traditionally received a dictated report from their OBSP sites will see no change. Primary care providers that receive a paper copy of the OBSP screening report from their OBSP sites will notice a slight change on this report to include both breast density reporting metrics.

Ontario Health (CCO) has also updated the participant result letters. The results letter informs patients that they can access their breast density information through their primary care provider; it states, "your healthcare provider can also tell you about your breast density and reasons your chances of breast cancer can be higher, such as family history and lifestyle". Participants can also contact their OBSP sites to obtain their breast density information. The letter will also include a link that provides additional information on breast density (bit.ly/3xFovaB).

The revised OBSP screening report is attached below highlighting the new breast density reporting section.

To learn more about breast density and the changes in the OBSP program please visit:
bit.ly/3hIQnjf

OR



ONTARIO BREAST SCREENING PROGRAM SCREENING REPORT

Screen #	Prev OBSP Mammo	O External Mammo	Location
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NORMAL/ BENIGN MAMMOGRAM

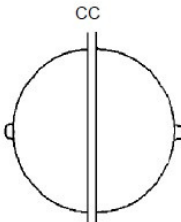
ABNORMAL MAMMOGRAM

OBSP to recall client in 1 year
as per radiologist

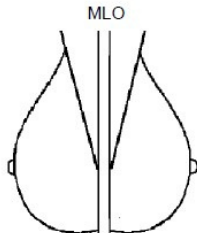
Reason for 1 year recall:

Compared to Previous Yes No

CC



MLO



Comments

<p>Breast Density <i>Both measures must be indicated</i></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>1) Mammographic Density</p> <p>Breast Density ≥ 75% <input type="radio"/> (1)</p> <p>Breast Density < 75% <input type="radio"/></p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>2) BI-RADS Breast Density Categories:</p> <p>A) The breasts are almost entirely fatty <input type="radio"/></p> <p>B) There are scattered areas of fibroglandular density <input type="radio"/></p> <p>C) The breasts are heterogeneously dense which may obscure small masses <input type="radio"/> (2)</p> <p>D) The breasts are extremely dense, which lowers the sensitivity of mammography <input type="radio"/></p> </div>	<p>Referred Findings</p> <table border="0" style="width: 100%;"> <tr> <td><u>M</u>ass</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><u>C</u>alcification</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>Arch. <u>D</u>istortion</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>Focal <u>A</u>symmetry</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><u>O</u>ther</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </table>	<u>M</u> ass	<input type="radio"/>	<input type="radio"/>	<u>C</u> alcification	<input type="radio"/>	<input type="radio"/>	Arch. <u>D</u> istortion	<input type="radio"/>	<input type="radio"/>	Focal <u>A</u> symmetry	<input type="radio"/>	<input type="radio"/>	<u>O</u> ther	<input type="radio"/>	<input type="radio"/>	<table border="0" style="width: 100%;"> <tr> <td>R</td> <td>L</td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </table>	R	L	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<p>NEW!</p> <table border="0" style="width: 100%;"> <tr> <td>Special Views</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>Breast Ultrasound</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>Surgical or Clinical Consultation</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </table> <p>Reason for surgical/clinical Consultation:</p>	Special Views	<input type="radio"/>	<input type="radio"/>	Breast Ultrasound	<input type="radio"/>	<input type="radio"/>	Surgical or Clinical Consultation	<input type="radio"/>	<input type="radio"/>	<p>Signature _____</p> <p>Name _____</p> <p>Date _____</p>
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NEW INFORMATION >>

Cancer screening utilization has significantly decreased throughout the pandemic. As cases decrease, its important that primary care providers encourage patients to resume routine screening.



Colorectal Screening Colonoscopy Backlog

The pandemic has impacted colonoscopy services in the Central Region creating a backlog that will take a significant amount of time to resolve. The graph demonstrates the colonoscopy backlog numbers for the Central Region. The numbers represent the predicted remaining backlog in December, 2021.

The reduction in backlog is a direct result of a percentage of "low risk" colonoscopy patients and "other screening" patients being screened with FIT over colonoscopy.

Primary care providers play an integral role in reducing the colonoscopy backlog. Providers should ensure people who can be screened for colorectal cancer with FIT are versus referring them to a colonoscopy.

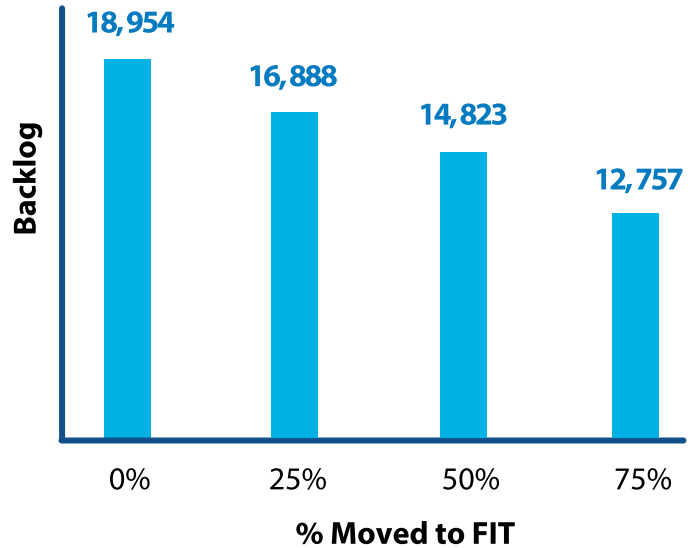
When a patient has an abnormal FIT it's imperative that a FIT- positive colonoscopy is completed within 8 weeks. In the Central region to expedite the referral process across participating hospitals please use the [Central Region FIT Positive Colonoscopy Referral Form](#) below.

bit.ly/fitpositives

OR



Colonoscopy Backlog Predictions



UPDATE!

Cervical Screening Colposcopy Provider List

The Central Region Cancer Program has curated an updated colposcopy provider list for primary care providers in the Central Region (attached below).

EDUCATIONAL RESOURCES >>

Cancer Screening During the Pandemic and Onwards

Ontario Health in partnership with various organizations created a webinar on Cancer Screening During the Pandemic and Onwards.

The webinar provided guidance for resuming breast, cervical and colorectal cancer screening and providers shared stories surrounding resuming cancer screening during the pandemic

To view the recording and slide deck please visit:

<https://www.afhto.ca/news-events/events/cancer-screening-during-pandemic-and-onwards>

OR



FIT CPD Sessions

Regional Primary Care Lead, Dr. Marla Ash will be holding several virtual certified FIT Continuing Professional Development sessions in the upcoming months for primary care providers. The sessions have 2 modules and have been certified for up to 2 Mainpro+ credits.

- 1) FIT: A Non-Invasive Test for Colorectal Cancer Screening
- 2) Abnormal FIT Follow up and Surveillance

If you and/or the providers at your practice are interested in attending an online session, or if you have any questions please email: icsregional@southlakeregional.org

Human Papilloma Virus (HPV) Vaccine



The HPV vaccines prevent cervical, vulvar, anal, penile and mouth and throat cancer. Canada's National Immunization Strategy set a target of 90% of 17 year old adolescents vaccinated with two or more doses of the HPV vaccine to be reached by 2025.

During the 2018-19 school year in Ontario its estimated that only 58% of 12 year olds and 62% of 17 year olds were vaccinated for HPV. With school based programs cancelled due the pandemic primary care providers may receive vaccination requests.

For eligible adolescents (grade 7-12) who decide to get the vaccine from their PCP, the vaccine can be requested from the public health unit through the special release program.

SCREENING TOOLS FOR PRIMARY CARE>>

Screening Activity Report (SAR)

The SAR is an online tool available to patient enrollment model (PEM) primary care physicians to support improving cancer screening and follow up for breast, cervical and colorectal cancer. It's updated monthly by OH(CCO). Access your SAR at bit.ly/2UFhNSY

Screening Activity Report (SAR) as of 31-Dec-2017

Dashboard

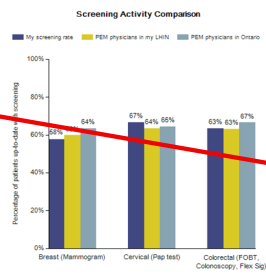
Physician: DOCTOR SAR

[Go to Summary](#)

CPSO: 000000

LHIN: ABCD

Physician Level Summary	Breast Screening	Cervical Screening	Colorectal Screening
Total eligible individuals	265	548	397
Total excluded individuals (due to previous cancer, surgery, or CRSP high risk)	13	53	2
Action required	114	203	149
Abnormal screen, follow-up needed	14	46	3
Invalid result, retest required	74	0	0
Overdue for screening	114	155	145
Due for screening < 6 months	48	45	20
Physician review required	13	50	145
Colonoscopy in the last 10 years or Flexible Sigmoidoscopy in the last 5 years	144	144	141
Review patient history	5	45	0
Abnormal screen, follow-up underway or completed	8	3	2
No screening action required - normal screen	90	292	92



If you do not currently receive the SAR and would like to sign up, you will first need to register for ONE ID. As a CPSO member this can be completed within minutes. Once logged into the CPSO website click on "Get your eHealth ONE ID" on the welcome page. Then click "Register for ONE ID."

Using the SAR to Identify People due for Screening

Action Required

Provides a list of patients in all 3 screening programs who have had 1) An abnormal screening requiring follow up, 2) An invalid result requiring retest and 3) Are overdue for screening

Your SAR also includes a tab that shows patients that will be due for screening in less than 6 months.

A full how-to guide is available for download at: bit.ly/3dmk0bD

For more information and to access your SAR, visit cancercareontario.ca/SAR.

For assistance with ONE ID, contact servicedesk@ehealthontario.on.ca or 1-866-250-1554

The Central Region can provide additional resources upon request

- EMR/SAR support to identify patients due for screening
- Colorectal cancer screening and prevention brochure
- Addition to the electronic newsletter distribution list



Please complete the request form at surveymonkey.com/r/ZSQSYLV for resources and to be added to our electronic distribution list

The Provincial Primary Care and Cancer Network (PPCN) monthly newsletter by Ontario Health (CCO), which provides cancer screening updates is available to any interested primary care providers in Ontario.

To subscribe email: PrimaryCareInquiries@ontariohealth.ca

