



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post [info@itk.ee](mailto:info@itk.ee)  
[www.itk.ee](http://www.itk.ee)

## Breast Center

Women and men of all ages who want to check their breasts or who have questions or complaints related to their breasts are welcome to make an appointment at the Breast Center. You can also get help and instructions for independent breast examination.

A referral is not necessary to make an appointment with a gynaecologist or a midwife at the Breast Health Office. You can come for an appointment even if you have no specific complaints, but be sure to come if you feel any lumps, knots, bumps or other changes in your breasts. For breast problems requiring urgent intervention (e.g. suspected cancer), mammography can be performed on the same day as the appointment.

### **Booking an appointment:**

- East Tallinn Central Hospital call centre at [666 1900](tel:6661900).
- Through [the national e-booking system](#)
- On site at the reception desks of East Tallinn Central Hospital
- If you have an urgent problem, email [rind \[at\] itk.ee](mailto:rind@itk.ee) ([rind\[at\]itk\[dot\]ee](mailto:rind@itk.ee))!

### **Frequently asked questions**

Here, you can find answers to the questions most frequently asked. If you are unable to find the answer to your question, feel free to email us at [rind \[at\] itk.ee](mailto:rind@itk.ee) ([rind\[at\]itk\[dot\]ee](mailto:rind@itk.ee)).



# Services

[Midwife appointment at the breast centre](#)

[Mammalogist appointment](#)

## Aadressid

### Breast Center

Pärnu mnt 104, Tallinn

[666 1900](#)

[Google Maps](#)

**59.41682, 24.73878**

## Staff

### Kertu Helleste



[kertu.helleste@itk.ee](mailto:kertu.helleste@itk.ee)

### Anne Tali



[5883 5970](#)

[anne.tali@itk.ee](mailto:anne.tali@itk.ee)