



IDA-TALLINNA KESKHAIGLA

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## Midwife appointment at the breast centre

**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 see a midwife at the breast centre. You can also get help and instructions for independent breast examination.**

At the appointment, the midwife undertakes the following:

- Gives advice
- Collects and specifies information on complaints, general health and family medical history
- Performs a breast examination
- Teaches you how to examine your breasts yourself
- If necessary, refers you to examinations or schedule additional analyses
- Independently draws up a treatment and follow-up plan or, if necessary, refers the patient to a mammologist for further consultation

A referral is not needed to see the midwife at the breast centre. The appointment is free of charge for patients with health insurance.

### **You can book an appointment:**

- On the Health Portal
- By calling +372 666 1900 Mon to Fri 07:30-18:00
- At the hospital reception desk

In the case of an urgent problem, please contact us by email [atrind \[at\] itk.ee](mailto:atrind@itk.ee) ([rind\[at\]itk\[dot\]ee](mailto:rind@itk.ee))