

Breast Screening Information – Available in other languages



Breast cancer- the facts

Breast cancer is the most common life threatening cancer for women in Australia and cannot be prevented.

The greatest risk factors for developing breast cancer are being a woman and getting older.

Breast cancer is a group of abnormal cells which continue to grow and multiply. Eventually these cells may form a lump in the breast. If the cancer is not removed or controlled the cancer cells can spread into other parts of the body and may cause death. Finding breast cancer at an early stage improves the chance of successful treatment.

Who can have a screening mammogram?

BreastScreen WA provides **FREE** screening mammograms to women 40 years or over with no breast symptoms. BreastScreen WA encourages women aged **50 to 69 years** to have a **FREE** screening mammogram **every two years**.

More than 75% of breast cancers are found in women aged 50 years and over.

BreastScreen WA respects each woman's privacy and dignity. It is your choice to have a screening mammogram. In making this decision you may wish to discuss your circumstances with your doctor.

What is a screening mammogram?

A screening mammogram is an X-ray, or picture, of the inside of a woman's breast. A screening mammogram is the best method of detecting breast cancer early. A screening mammogram may detect cancer in the breast before you or your doctor can feel it.

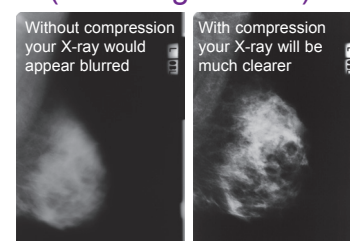


How is a screening mammogram performed?

The breast is carefully positioned on the X-ray machine and compressed for a few seconds while the X-ray is taken. Two X-rays are taken of each breast, one from the top and one from the side.

Compression of the breast is important so the clearest picture can be taken and the minimal amount of radiation is used (see image below).

Compression may feel tight and uncomfortable but lasts only a few seconds. You can ask the radiographer to stop at any time.



What happens when I visit BreastScreen WA for a FREE screening mammogram?

All staff at BreastScreen WA clinics are female. When you have a mammogram, wear a two piece outfit, such as a skirt or trousers and a shirt. Do not use talcum powder or deodorant on the day of your appointment.

When you arrive at BreastScreen WA:

- You will be welcomed and asked to fill in some forms.
- You will be shown to a change room and asked to remove your bra and put your top back on; a disposable gown will be provided if you need one.
- A female radiographer will take you into the X-ray room and ask you some questions. She will then take two X-rays of each breast.
- The radiographer will tell you when to leave.
- Your X-rays are reviewed by at least two specially trained doctors and every effort is made to ensure you receive your results by mail within two weeks.
- Sometimes women are called back for further X-rays. If this is necessary a Breast Assessment Nurse from BreastScreen WA will phone to discuss this with you.

Where can I have a screening mammogram?

BreastScreen WA has eight metropolitan screening services in:

- Cannington
- Fremantle
- Joondalup
- Midland
- Mirrabooka
- Padbury
- Perth City
- Rockingham
- Four mobile services visit country towns every two years.
- Evening and Saturday appointments are available at most metropolitan clinics.
-  Wheelchair access is available at all metropolitan clinics.
- Free interpreters are available.

How can I make an appointment?

To make an appointment phone 13 20 50. If you need interpreter assistance, please call the Translating and Interpreting Service (TIS) first on 13 14 50 and ask to be connected to the BreastScreen WA central booking service on 13 20 50.

Group bookings

Group bookings are available for women who would prefer to attend as a group. For further enquiries about group bookings please phone 13 20 50.

Resources available in other languages

BreastScreen WA has the following information available in other languages:

- General information – fact sheet
- Screening mammography for women with a family history of breast cancer
- After your screening mammogram – what next?

These resources are available in: Arabic, Bosnian, Burmese, Chinese, Croatian, Dari, Dutch, Farsi, French, Greek, Indonesian, Italian, Japanese, Khmer, Korean, Macedonian, Malay, Maltese, Polish, Portuguese, Russian, Serbian, Sinhalese, Somali, Spanish, Swahili, Tagalog, Tamil, Thai and Vietnamese.



Department of
Health



www.breastscreen.health.wa.gov.au

© BreastScreen WA, Department of Health

Telephone (08) 9323 6700 Facsimile (08) 9323 6799 TTY 1800 241 708 Bookings 13 20 50

What else can I do?

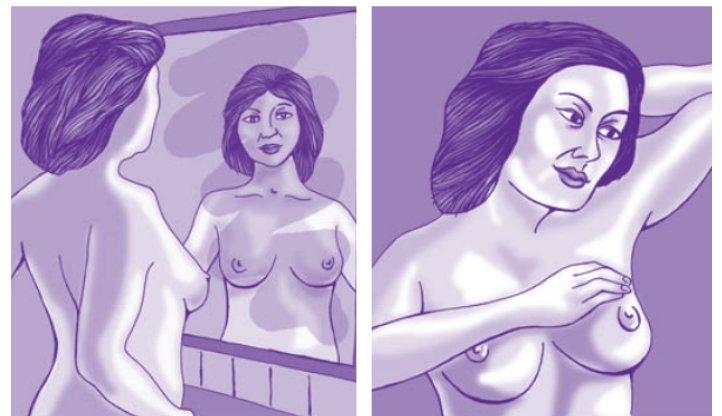
Even if you have regular mammograms BreastScreen WA encourages all women to be breast aware.

Being breast aware means getting to know how your breasts look and feel at different times. Many changes to the breasts are normal and are due to hormonal changes and getting older. It is important to get to know the normal look and feel of your breasts, so you can identify any new or unusual changes. Look in the mirror at your breasts and feel your breasts from time to time.

The changes to look for include:

- A new lump, lumpiness or thickening of the breast or armpit area;
- Any changes to the nipple including, discharge, inversion, ulcers or itchiness;
- Any changes to the size, shape or colour of the nipple or breast;
- Any changes to the skin such as dimpling, redness or rashes; or
- Any new, unusual or persistent pain.

If you notice any of these changes to your breasts see your doctor.



It is important to check all of the breast tissue from the collarbone to below the bra line and the underarm area.