



# HAVING A BREAST SCREEN GIVES YOU PEACE OF MIND ABOUT YOUR BREAST HEALTH. MOST SCREENINGS DON'T FIND CANCER.

If your results show something unusual you will be called back for more tests to take a closer look. Most women that are called back don't have breast cancer.

Screening is an easy way to take care of yourself, even when you feel fine. It helps ensure you can continue to be the strong support for your family, your mob, and your community.

If something is found, it's best to treat breast cancer when it's very small. Breast screenings can find tiny changes you can't see or feel, which helps catch cancer early — before it spreads or makes you sick. When breast cancer is found early it's easier to treat, most women recover and have better health outcomes.

## MAKING AN APPOINTMENT FOR A BREAST SCREEN IS EASY!

You can **call 13 20 50 to book** your spot or talk to your local GP or health clinic — they can help you make an appointment at your nearest BreastScreen service.

You don't need a letter from your doctor, so you can book your breast screen whenever you're ready.

You can bring along a family member or friend for support if you wish. You can even book as a group and complete your screening together — going with someone you trust can make the experience more comfortable.

**BOOK NOW**  **13 20 50**

or go to [health.gov.au/breast-screen](https://health.gov.au/breast-screen) to learn more.



We acknowledge the wisdom, resilience and strength of Aboriginal and Torres Strait Islander people and pay our respects to Elders past and present.

We especially honour the mothers, aunts, sisters and cousins in our communities as leaders, caregivers and custodians of knowledge. From the ocean to the outback, we thank them for the essential role they play in our cultures.



Artwork by Caitlin Trindall, proud Gomerai woman.

If you're a woman over 40, you can have a free breast screen every 2 years.



**WE'LL SCREEN YOU FROM OCEAN TO OUTBACK**

## WHAT IS BREAST CANCER?

Breast cancer can develop if there are bad cells in the breast that start to grow too much. If these cells are not found early, they can make you very sick. There are different kinds of breast cancer, and there are many ways to treat it.

Sometimes, women might have breast cancer but not notice any changes or signs. Finding breast cancer early makes treatment easier and helps you stay healthy for yourself, your mob and your community.

## WHAT IS BREAST SCREENING?

If you're a woman over 40, you can have a free breast screen every 2 years. Breast screening is a special x-ray that takes pictures of your breasts to look for early signs of breast cancer. It can find cancers as small as a grain of rice — when it is too small to notice anything yourself.

The whole process is quick and usually takes up to 20 minutes. Remember, you can ask questions at any time, and you can stop the screening if you need to.



If you're not sure where to start, reach out. You can yarn with your local GP, health worker, a trusted friend or **call 13 20 50**. We're here to support you — we'll make sure you feel confident and comfortable for your screening.

## GETTING READY FOR YOUR APPOINTMENT

It's best to wear a two-piece outfit, like a top with a skirt or pants. This way, you only need to take off your top clothing for the screening.

On the day of your appointment, don't use deodorant, powder, or creams, as they can affect the x-ray pictures. Just come as you are, dressed comfortably!

## WHAT TO EXPECT DURING YOUR BREAST SCREENING

### When you arrive at the clinic...

- You'll be warmly welcomed by a staff member.
- They will explain what to expect.
- You might need to fill out some paperwork and confirm your details.

### When you're in the screening room...

- A staff member will take you to a private space for comfort.
- Your breast will be placed on the x-ray machine and gently pressed for a few seconds to take some pictures.
- You may feel a little discomfort, but it won't last long.
- If it's too uncomfortable, you can let the radiographer know.

### After the screening...

- Your results will be reviewed and sent to you within 2 to 4 weeks.
- If everything looks normal, you'll be notified by letter or email and encouraged to return in 2 years for another screening.
- If something unusual is found, you may be asked to come back for further tests. This doesn't necessarily mean you have cancer; it just means they need to take a closer look.

## BEING BREAST AWARE

Every woman's breasts are different — they come in different shapes, sizes, and colours, and they change throughout our lives. It's important to get to know how your breasts look and feel, so you can notice if something changes.

You can check for changes when you're showering, drying off, or getting dressed. There's no right or wrong way to check — just make sure you feel all over your breasts and into your armpits.

Find a way that works for you and make it a habit. Getting to know what's "normal" for you will help you spot any changes early.

Changes can look like...



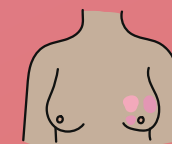
Change in shape or size of the breast



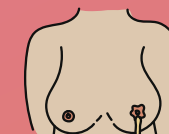
Lumpiness, puckering or dimpling of the breast



Nipple inversion



Rash, redness or change in colour of the breast



Discharge from the nipple or change in nipple colour, size or shape



Ongoing or unusual breast pain

If you notice anything different — like a lump, changes in the skin, or anything unusual — talk to your doctor or local health worker. Early detection of breast cancer is key to staying healthy.