



WHAT IS BREAST SCREENING?

FAST AND FREE

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.

During the screening, each breast is x-rayed from different angles. The machine will gently press your breasts between 2 plates to get some clear images. This might feel a bit uncomfortable, but it only lasts a few seconds. If it hurts, let the radiographer know — they can adjust things to make it more comfortable for you.

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.

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 to learn more.

BreastScreen
AUSTRALIA

A joint Australian, State and Territory Government Program



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, aunties, 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 Gomeri woman.

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STAY
HEALTHY
START
SCREENING

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.

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.

WHERE CAN I HAVE A BREAST SCREEN?



Local Clinics

Each state and territory have local BreastScreen services, with clinics available in many towns and cities. These clinics are designed to help you feel comfortable and safe.



Mobile Screening Trucks

For women in rural and remote areas, a mobile screening truck visits communities. This makes it easier for you to get screened without needing to travel far. But if you do need a hand getting to your appointment, some services can help with transport — just ask!



Finding a Clinic

To find your nearest breast screen clinic or to check when a mobile screening truck is coming near you, **call 13 20 50** or talk to your health care worker. They'll make sure you get the information and support you need to look after your health.

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.

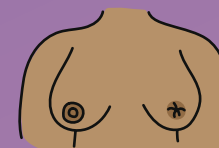
Changes can look like...



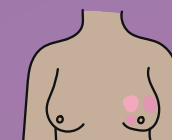
Change in shape or size of the breast



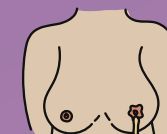
Lumpiness, puckering or dimpling of the breast



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.*