

# STAY HEALTHY START 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.

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.

## WHAT HAPPENS AFTER A BREAST SCREEN?

After your breast screen, your results will be reviewed by health professionals. You will receive a letter or email with your results usually within 2 to 4 weeks.

### If nothing is found

Most breast screens do not find any problems, which means you can continue with your regular health check-ups. You'll be invited to have another breast screen in 2 years.

### If something is found

If the screening finds anything that needs a closer look, you will be contacted for further tests. This does not mean you have breast cancer — most follow-up tests show that everything is okay. It just means they need to be sure. You might be asked to come back for more pictures, an ultrasound, or other checks.

If you have any questions or concerns after your screening, you can always contact your local BreastScreen service, GP or health clinic.

## HOW SHOULD I GET READY FOR AN APPOINTMENT?

To make your breast screening experience more comfortable, here are some tips to prepare:

- **Wear a Two-Piece Outfit**

Choose a skirt or pants with a top. This way, you'll only need to remove your top clothing during the screening, which is more comfortable.

- **Skip the Products**

On the day of your screening, don't use deodorants, powders, creams, or perfumes. These can affect the x-ray pictures and make it harder to get clear results.

- **Bring a Support Person**

If you feel nervous or require support, you can bring a friend, sister, or aunty for support. Having someone you know can help you feel more at ease during the appointment.

- **Arrive Early**

Plan to arrive 10-15 minutes before your appointment. You may need to fill out a short form or confirm some details with the staff before the screening starts.

- **Trust your Strength**

It's normal to feel a little nervous, but the screening will only take up to 20 minutes and the x-ray process is quick. If you feel uncomfortable at any time, let the staff know — they're there to help make your experience as comfortable as possible.

## BOOK YOUR FREE BREAST SCREEN

Call **13 20 50** to find your nearest clinic or ask your health worker to help you.

Whether you're in town or out bush, there's a service near you ready to welcome you. Your health matters — let's look after it together.

Go to [health.gov.au/breast-screen](https://health.gov.au/breast-screen) to find out more.

# EASY TO SQUEEZE IN

Screening takes up to 20 minutes. It's quick and easy, and you can ask questions or take a break at any time if you need to. You're in good hands!

## WHEN YOU ARRIVE

### Warm Welcome

A friendly staff member will greet you and explain what to expect.

### Paperwork

You may need to fill out some forms, and the staff will check your details.

### Meet the Radiographer

You'll meet the person who will perform your breast screen, known as the radiographer.

### Private Space

Once you're ready, you'll be taken to a private and safe space for the screening. The radiographer will guide you through each step.

## HAVING YOUR SCREENING

### Positioning

The radiographer will help you position each breast on the x-ray machine.

### X-Ray Process

The x-ray machine will gently press your breast between 2 plates to take some clear pictures. While this might feel a bit uncomfortable, it usually lasts only a few seconds.

### Communication

You can let the radiographer know if you feel any pain. You have the right to ask questions at any time, and if you feel uncomfortable, you can pause or stop the screening.

## AFTER YOU'VE SCREENED

### Results Review

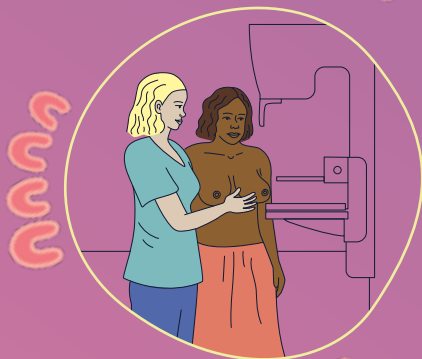
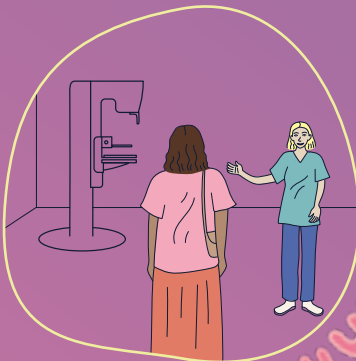
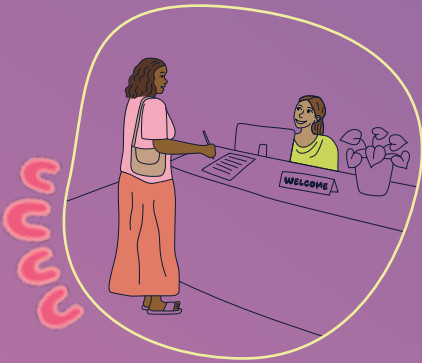
The x-ray pictures are sent to specialists for review.

### Receiving Results

Most women receive their results within 2 to 4 weeks. If everything looks normal, you'll be notified by letter, email or your health worker, and you should plan to come back for another screening in 2 years.

### Further Tests

If the specialists notice anything unusual, you may be asked to come back for more tests. This doesn't necessarily mean you have cancer; it just means they need to take a closer look.



BreastScreen

AUSTRALIA

A joint Australian, State and Territory Government Program

BOOK NOW

13 20 50

FAST AND FREE



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.