


SCREENING SISTAS YOUNG AND OLD

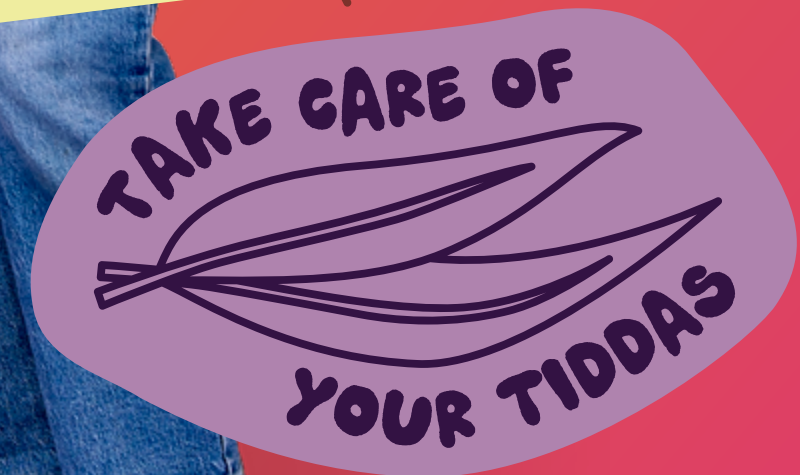
If you're a woman over 40,
you can have a free breast
screen every 2 years.

BreastScreen
AUSTRALIA

A joint Australian, State and
Territory Government Program



BOOK NOW  13 20 50



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.

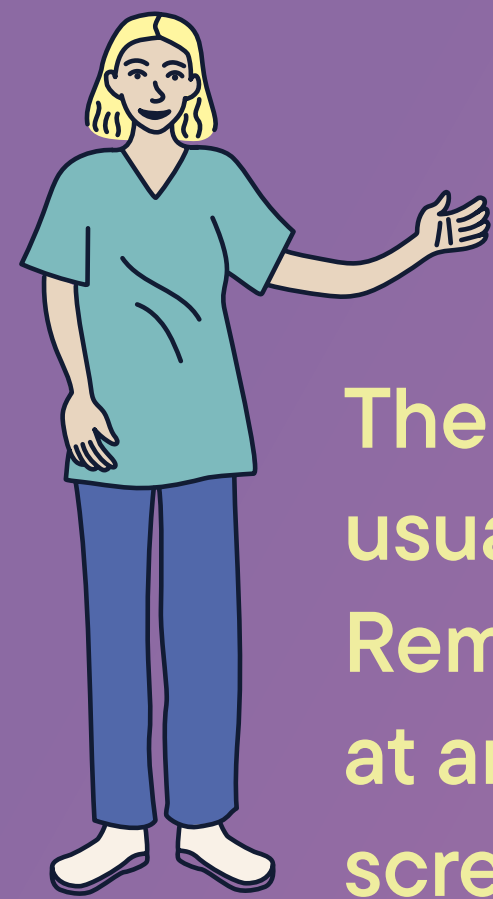
Sometimes, women might have breast cancer but not notice any changes or signs.

Finding breast cancer early makes treatment easier and helps you stay healthy for yourself, your mob and your community.

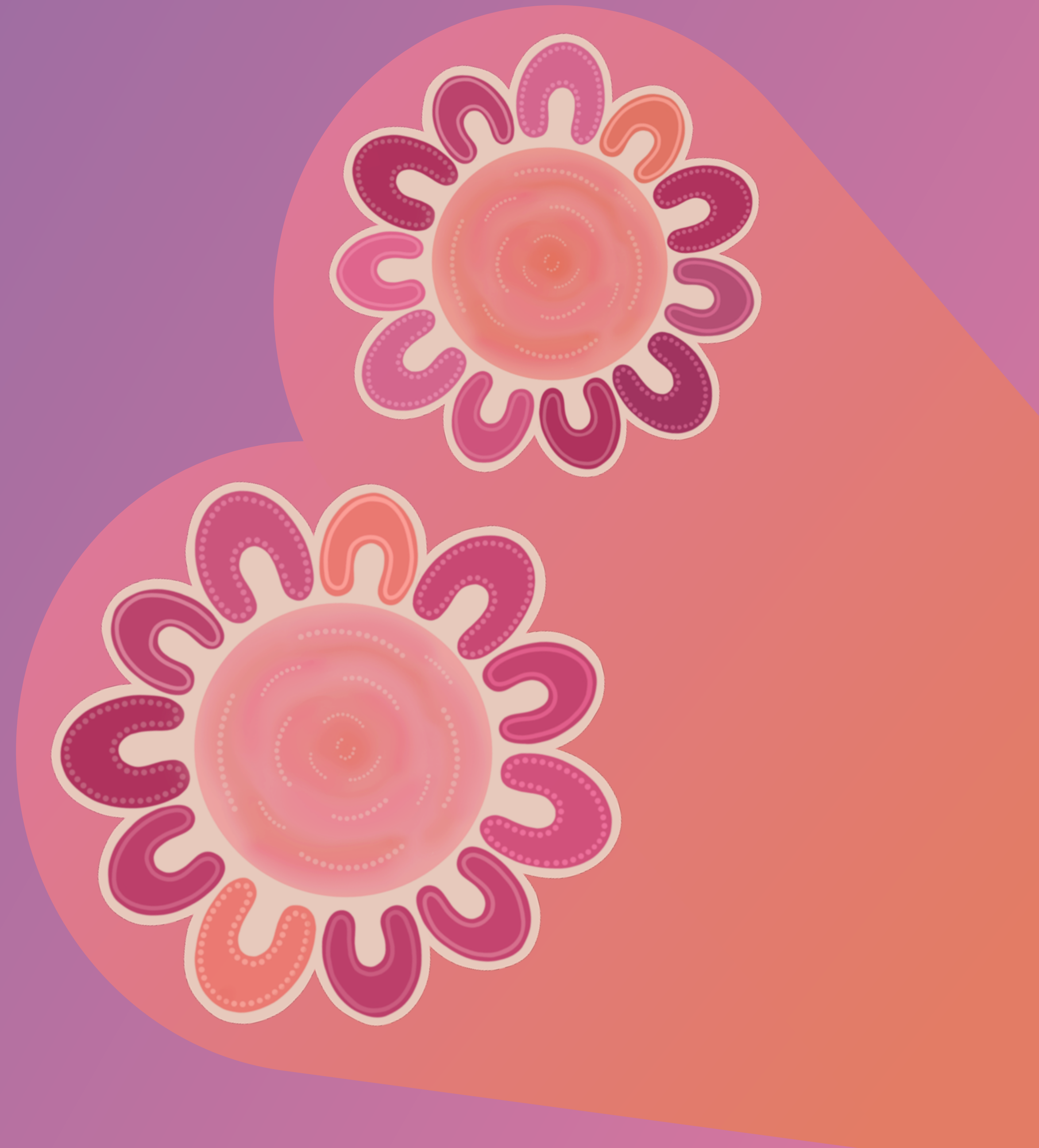


WHAT IS BREAST SCREENING?

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.



WHY DO I NEED TO HAVE A BREAST SCREEN?

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.



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.

WHAT HAPPENS DURING A BREAST SCREENING?

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.



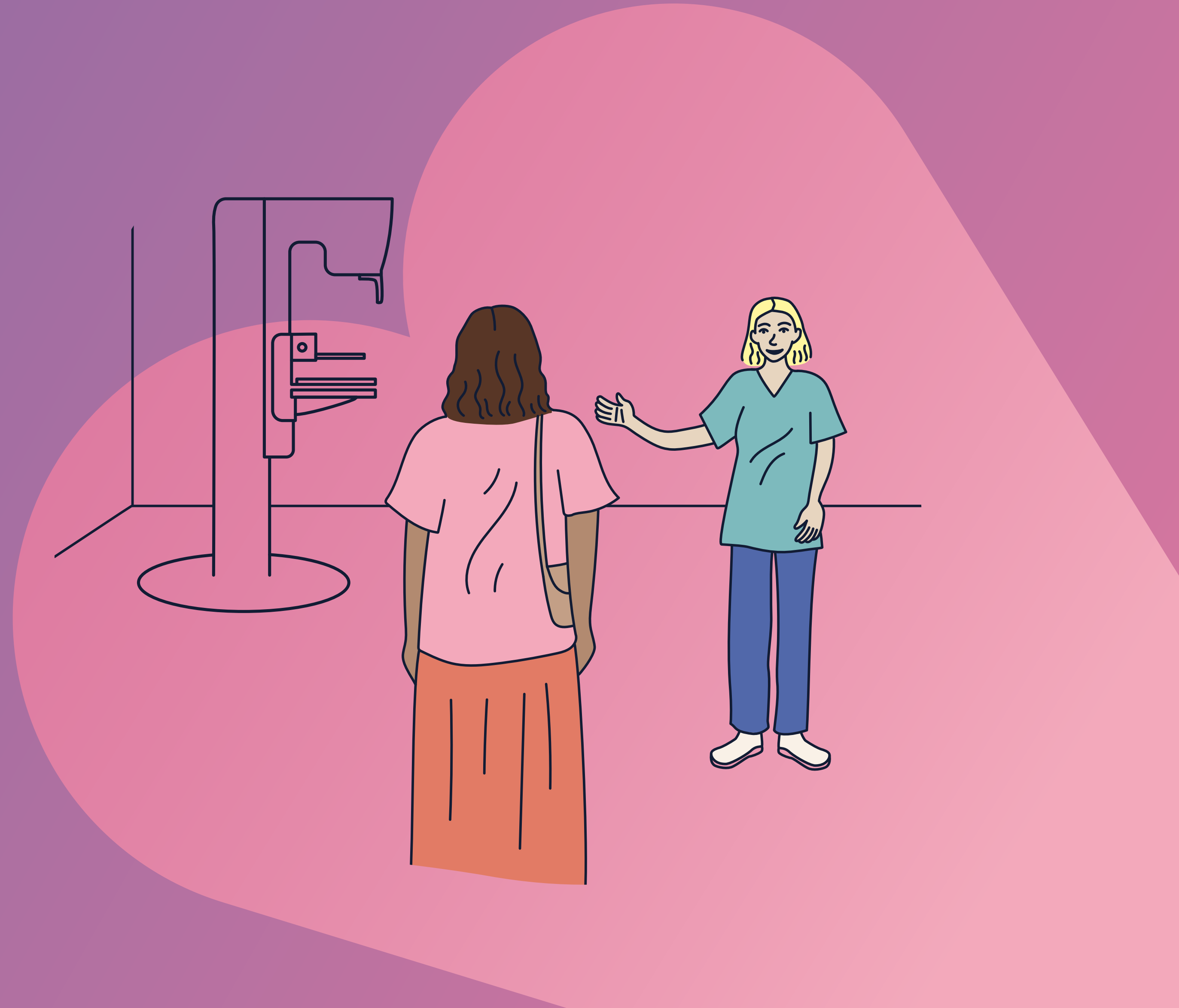
BEFORE YOUR SCREENING

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.

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.



HOW SHOULD I GET READY FOR AN APPOINTMENT?

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.

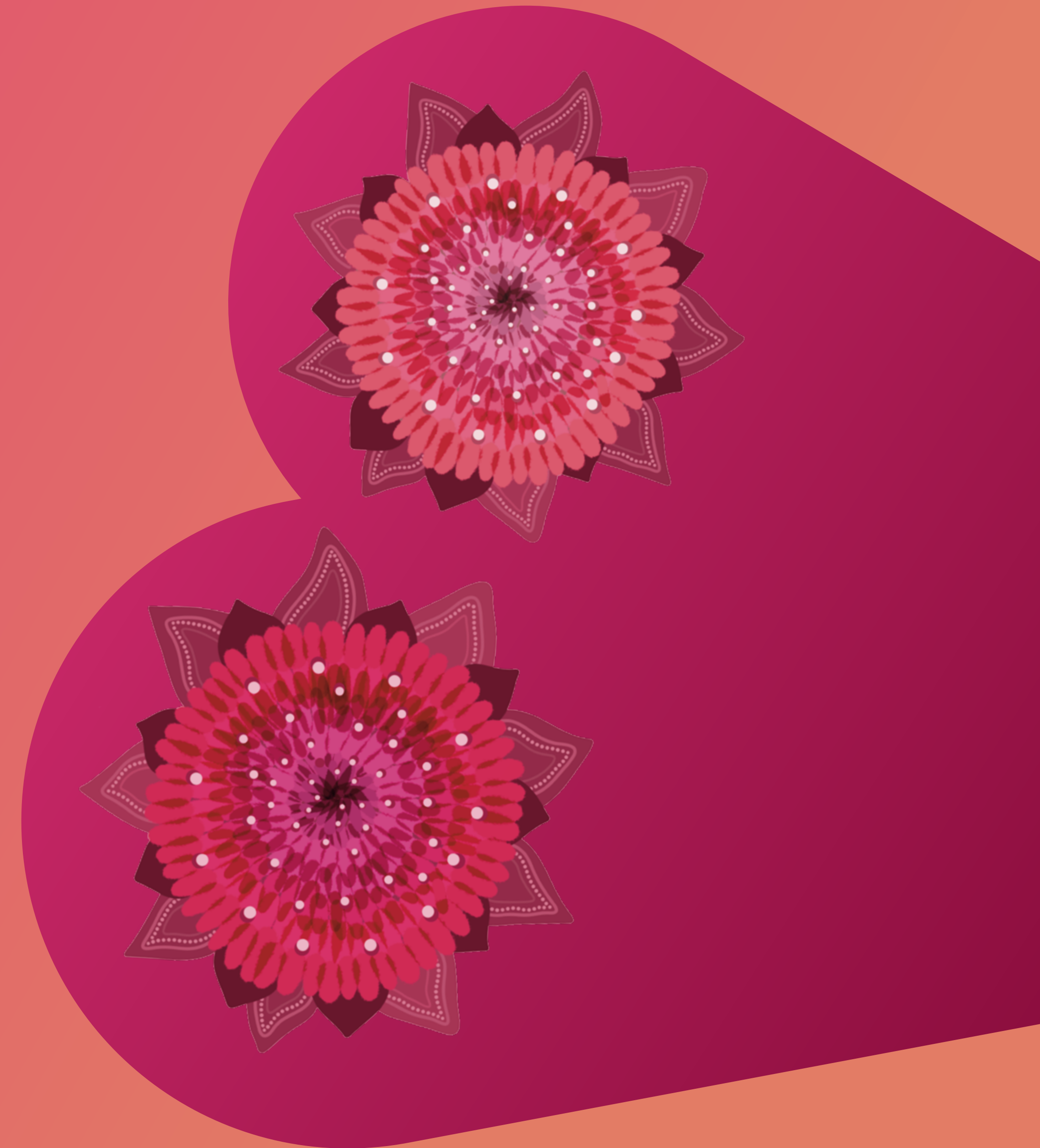


WHAT HAPPENS AFTER A BREAST SCREEN?

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

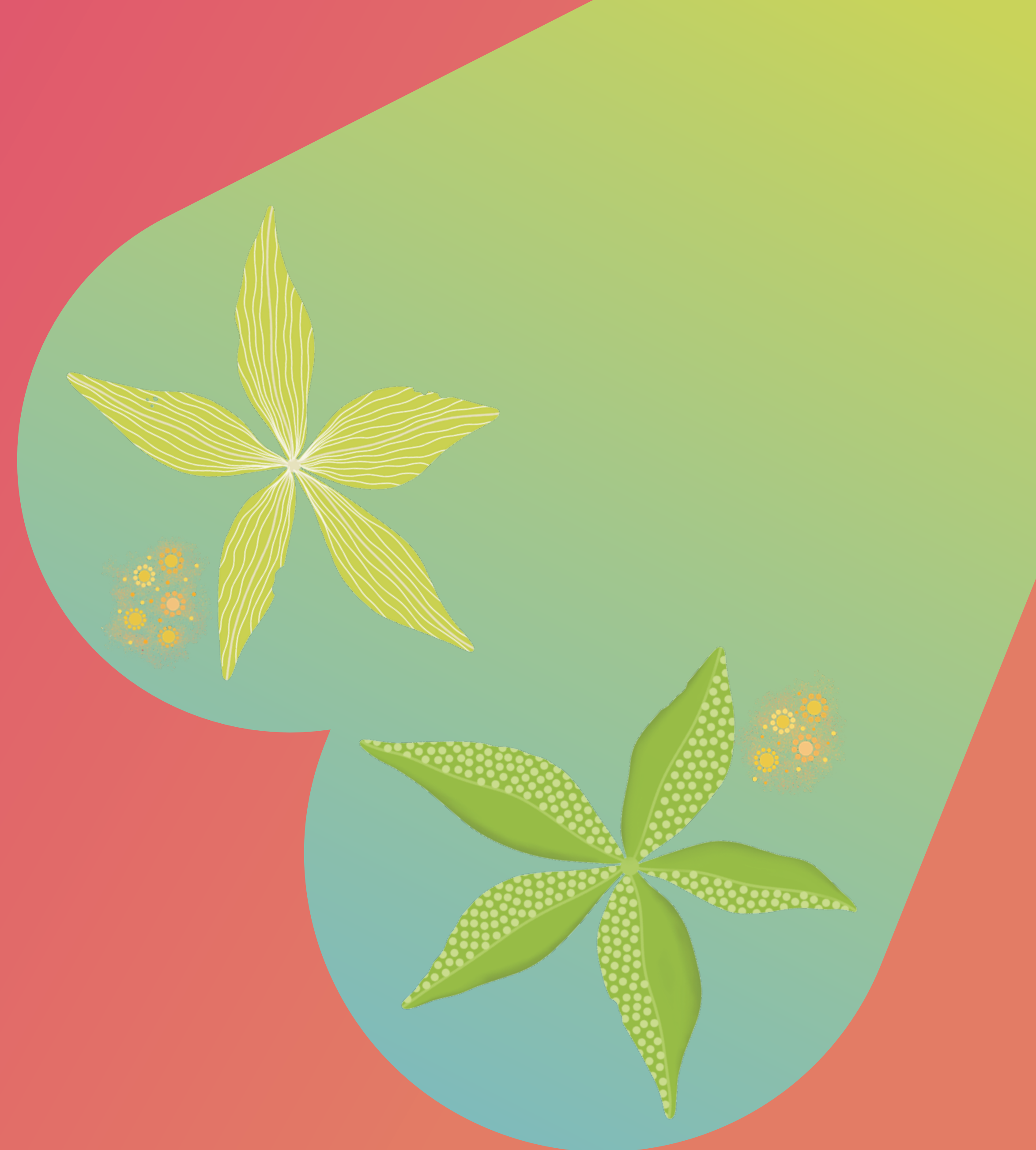
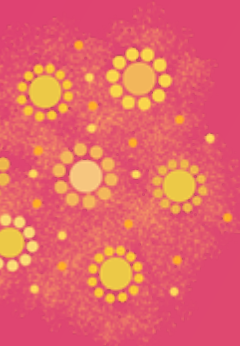
Most breast screens do not find any problems, which means you can continue with your regular health check-ups. You'll be invited to have another breast screen in 2 years.



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.



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.



FINDING A CLINIC

To find your nearest breast screen clinic or to check when a mobile screening truck is coming near you, you can call 13 20 50 or talk to your health care worker.

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.

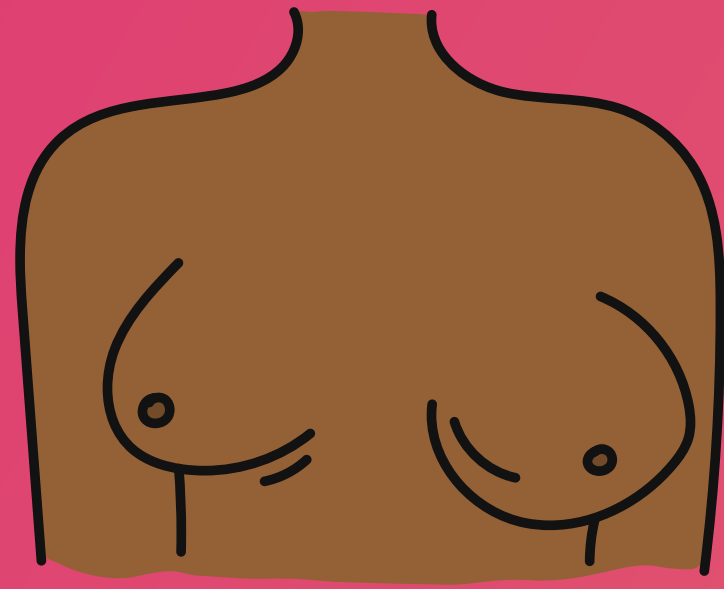
You can check for changes when you're showering, drying off, or getting dressed. There's no right or wrong way to check — just make sure you feel all over your breasts and into your armpits.

Find a way that works for you and make it a habit.

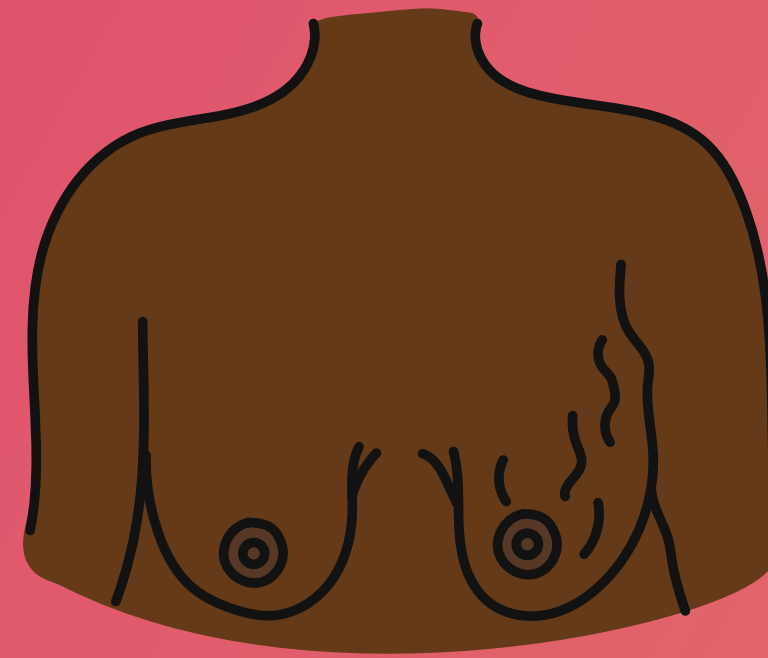


Getting to know what's "normal" for you will help you spot any changes early.

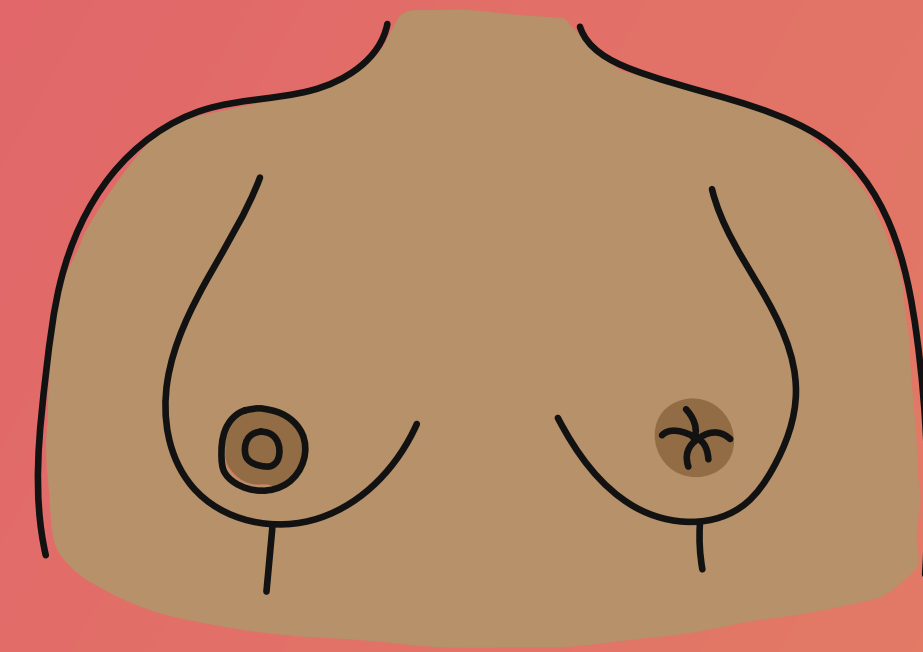
CHANGES CAN LOOK LIKE...



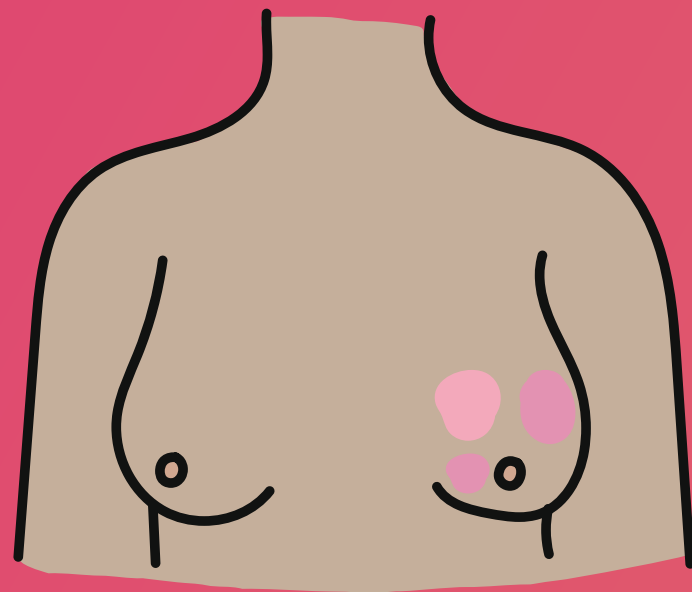
Change in shape or
size of the breast



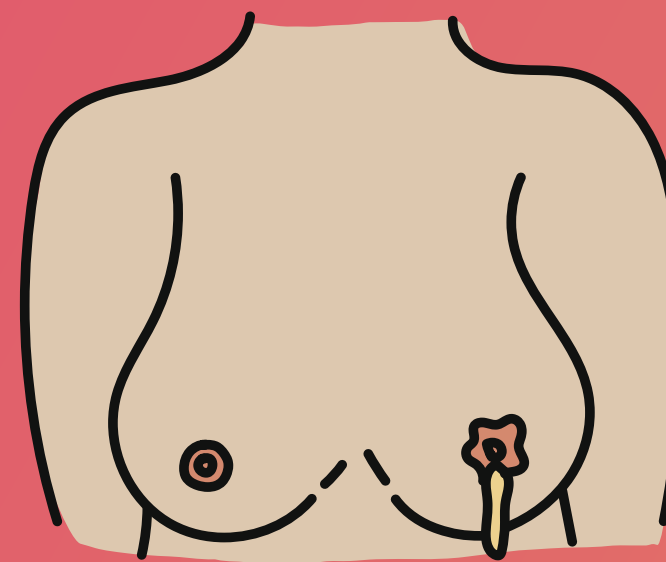
Lumpiness, puckering or
dimpling of the breast



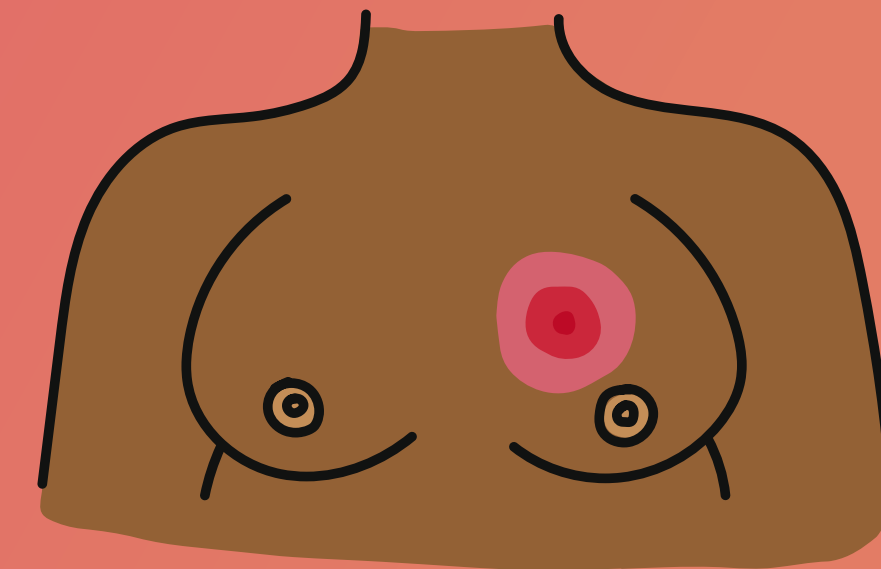
Nipple inversion



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.

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Early detection of
breast cancer is key
to staying healthy.

