



'Now that I have had my breast screening mammogram at BreastScreen NSW, I can relax and enjoy time with my friends.'

I have decided to participate in free screening at BreastScreen NSW.
How do I make my appointment?

Simply call

13 20 50

for your free appointment at the BreastScreen NSW centre nearest you.

We look forward to your call.

For the assistance of an interpreter call:

13 14 50

For further information about BreastScreen NSW visit:

www.bsnsw.org.au



WHAT HAPPENS AFTER YOUR SCREENING MAMMOGRAM?



What happens after your visit to BreastScreen?

This brochure tells you what happens now that you have had your screening mammogram, when you will get your results, and what those results will mean.

When will I get my results?

Your results will be sent to you about two weeks after your appointment. Please advise us if you do not receive them. Your results will also be sent to your doctor if you have asked us to do so. Your results letter will also let you know when your next screening mammogram is due.

More than 90% of women will be told that their screening mammogram showed no visible evidence of breast cancer. A few women will be asked to return to BreastScreen NSW to repeat the mammogram or have further tests.

What happens when my next screening mammogram is due?

If you are aged 50 to 69, when it is time we will write to you and invite you for your next screening mammogram. If for some reason you don't receive a letter, please phone us on 13 20 50 and we will arrange an appointment for you.

Women aged 40 to 49 and 70 years and over will not receive a reminder letter, but are welcome to phone for an appointment.

What happens if I'm asked to come back for a repeat screening mammogram?

Very occasionally a technical problem occurs when the screening mammogram is taken, and the picture produced is not clear enough to read. If this happens we will contact you to come back for a repeat of your screening mammogram.

It's important to remember that about 9 out of 10 women who are recalled do not have breast cancer.

What happens if I'm asked to come for further tests?

About 1 in 20 women may be asked to come back for further tests. This is because there is an area on their screening mammogram that needs further investigation. It's important to remember that about 9 out of 10 women who are recalled do not have breast cancer.

If you are recalled for further tests, you will be asked to go to an assessment centre, which might not be at the same place that you had your screening mammogram. At BreastScreen NSW, any further tests required are free of charge. We will give you more information about the tests when we contact you.

What happens to my screening mammogram once it has been read?

BreastScreen NSW will keep your screening mammogram for at least eight years. We can then compare your latest screening mammogram with the ones you have had before.

As part of our ongoing quality processes, we often review mammograms even if you have received a letter advising that there was no visible evidence of breast cancer. If after such a review there is any potential doubt about the original result, we will contact you. Depending on the situation, this may involve further tests or early follow up at an assessment centre.

Tell your family and friends

It's our goal at BreastScreen NSW to reduce deaths from breast cancer by encouraging all women aged 50 to 69 years to have a screening mammogram every two years. You can help us by telling your family and friends about our service and by encouraging them to come along. They can call us on 13 20 50 for information or to arrange an appointment.

In addition, someone from BreastScreen NSW can come and speak to your group, club or workplace, about BreastScreen NSW and the services we provide.

What else can I do?

Make your next screening mammogram at BreastScreen NSW a high priority. The choice to be screened is yours, however medical authorities recommend it. Women aged 50 to 69 years should have a screening mammogram every two years. This is important because changes in the breasts, which could be cancer, develop over time and your risk of developing breast cancer increases as you get older. Screening mammograms are the most effective detection tool for women aged 50 to 69 years.

We also suggest the following ways of providing yourself with the best protection from breast cancer between now and your next appointment.

1. Be breast aware. Know what is the normal look and feel of your breasts and see your local doctor immediately if you see or feel any unusual changes in your breasts, such as lumps, pain or nipple discharge, even if your screening mammogram result has been normal.
2. Ask your doctor about your risk of breast cancer and the need for breast cancer screening.



A screening mammogram can find cancers when they are as small as a pea. Without screening, cancers are more likely to be noticed or felt when they are much more advanced - at around the size of a small cherry.

Remember to visit BreastScreen NSW every two years if you are aged 50 to 69 years.

**EARLY DETECTION
IS VITAL**