



Free Breast Screening

Early detection is your best protection

For women aged 50 to 69 every two years

Why is having a breast screen a good idea?

The best time to treat breast cancer is when it is still very small. It may be years before you or your doctor notice anything is wrong. A breast screen (screening mammogram) can find problems early. A screening mammogram can not stop you from getting breast cancer, but it can give you a better chance of successful treatment.

Am I at risk?

Women in NSW currently have a 1 in 11 risk of developing breast cancer in their lifetime. The biggest risk factor for breast cancer is being a woman and being over 50.

What happens when I visit BreastScreen NSW?

You will be welcomed by our receptionist, asked to fill in a form and then shown to a private change room where you undress to the waist. A radiographer will take your screening mammogram. Each breast is positioned carefully on the screening machine and the pictures are taken. Two specially trained doctors will examine the screening mammogram.

How does it feel to have a breast screen?

Some women may find it uncomfortable but compression of the breast during a screening mammogram is important so that the clearest possible picture can be taken. Compression of the breast will only last for a few seconds. Most women say that the benefits far outweigh any discomfort.

How safe is a breast screen?

A very low amount of radiation is needed when a screening mammogram is taken. Research shows that the benefits of having a screening mammogram far outweigh any possible risks from radiation. The health advantage is that if a breast cancer is found early,

there are more treatment options available and a greater chance of survival.

Is the breast screen free?

BreastScreen NSW is government funded to provide a free screening mammogram every two years to women aged 50 to 69. BreastScreen NSW is part of a nationwide program to provide high quality screening mammograms.

Women 40 to 49 and over 70 years can have a free screening mammogram on request at BreastScreen NSW. A screening mammogram at BreastScreen NSW is not available to women under 40 years.

What if I have a breast problem?

If you have any breast problems, such as a lump, pain or nipple discharge, you should see your general practitioner before you make an appointment at BreastScreen NSW.

What else can I do?

A screening mammogram detects most, but not all, breast cancers. Therefore:

- Have a screening mammogram with BreastScreen NSW every two years if you are aged 50-69.
- Have a clinical breast examination by your doctor or women's health nurse once every year.
- See your doctor immediately if you notice any unusual changes in your breasts, such as lumps, pain or nipple discharge, even if your screening mammogram has been normal.

How do I make my appointment?

Call:

13 20 50

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

There's no better time than now. We look forward to your call.