



**Information
about breast
screening for
Aboriginal women**

Breast cancer is the most common cancer affecting Aboriginal and Torres Strait Islander women. Breast screening, also known as a mammogram, can find cancers before they can be felt or noticed – you have a better chance of survival when breast cancer is found early.

.....

BreastScreen
NSW

 **NSW**
GOVERNMENT | Health





For bookings and information,
call BreastScreen NSW
on 13 20 50 or visit
breastscreen.nsw.gov.au

It's free. It's important.

What is breast cancer?

Breast cancer is a collection of cells in the breast tissue that grow faster than normal cells. Cancer cells can travel to other parts of the body and grow there too.

Why do we try to detect breast cancer early?

The best time to treat breast cancer is when it is still very small. When breast cancer is found early, it has the best chance of being removed and cured.

What is a breast screen?

A breast screen is an x-ray of the breast. It can find cancers as small as a grain of rice before you notice any changes in your breasts. It is important to check your breasts, even when you are healthy.

There is no evidence that breast screening causes cancer.

Who can have a free breast screen?

Women aged 50 to 74 years can have a free breast screen at a BreastScreen NSW service every two years. However, women over 40 years are also welcome to have a breast screen with us. You don't need a doctor's referral.

Where can I get a free breast screen?

You can have a free breast screen at a BreastScreen NSW service. There are services located at many sites including hospitals, shopping centres and mobile vans. We also work closely with local communities and Aboriginal Medical Services.

To find your nearest BreastScreen NSW service, call 13 20 50 or visit breastscreen.nsw.gov.au

We are happy to arrange group bookings for you, your family and friends.

What should I do for my visit?

- We will send forms for you to fill in and bring to your appointment.
- Wear a skirt/trousers and a top, not a dress.
- If you have had a previous breast x-ray outside of BreastScreen NSW, please bring it with you.
- Please bring your doctor's details with you if you want them to receive your results.

What happens at my visit?

- Your appointment will take about 20 minutes. Our screening staff are all women.
- We will collect your forms and explain what will happen.
- A female worker will take you into the x-ray room.
- You will be asked to take off your top in private.
- When you are ready we will take at least two x-rays of each breast.
- The x-ray machine will firmly press each breast to get the best x-ray. Some women find the pressing uncomfortable, but this discomfort usually only lasts about 10 seconds.
- If you experience pain you should let the female worker know, she will work with you to make sure you are as comfortable as possible.
- You can ask for the procedure to stop at any time.
- We will tell you when to expect your results (usually around two weeks).

If you are worried, call us on 13 20 50.

What else can I do to look after my breast health?

As well as getting a breast screen every two years, you should get to know the normal look and feel of your breast. If you find a change in your breast that is unusual for you, such as lumps, pain or nipple discharge, you should visit your doctor without delay.

