

This brochure tells you what happens now that you have had your mammogram (breast x-ray), when you will get your results, and what those results mean.



Be breast aware in between appointments.

1. **Get to know your breasts** and what is normal for you. Look at your breasts in the mirror and feel your breasts regularly.
2. **If you notice any changes** in your breasts (i.e. lumps, nipple discharge or persistent new breast pain) see your doctor straight away.



About BreastScreen NSW

BreastScreen NSW is a free breast screening program with over 200 locations in NSW.

The program is especially **recommended for women aged 50 to 74 years**. However, all women over the age of 40 are eligible for screening through the program.

Contact us

To make an appointment at a location near you **13 20 50**

To find out more

www.breastscreen.nsw.gov.au

For an interpreter's assistance

13 14 50 (TTY 13 36 77)

Find us on Facebook

facebook.com/BreastScreenNSW



What happens after your mammogram?

13 20 50

20 minutes every 2 years could save your life

breastscreen.nsw.gov.au

When will I receive my results?

At least two specially trained doctors will independently read your x-ray images.

The results of your mammogram will be sent to you approximately **2 weeks** after your appointment. Your results will also be sent to your doctor if you supplied contact details to BreastScreen NSW.

If you do not receive your results please advise BreastScreen NSW by calling 13 20 50.

When is my next mammogram due?

If you are between 50 and 74 years old, BreastScreen NSW will contact you when it is time for your next mammogram.

BreastScreen NSW recommends women aged **50 to 74 years have a mammogram every two years.**

If you are aged 40 to 49 or 75 years and over you will not receive a reminder letter. However, you are welcome to phone for an appointment.

If you do not receive a letter from BreastScreen NSW, please phone 13 20 50 to arrange an appointment.

What happens if I am asked to have a repeat mammogram?

Very occasionally a technical problem occurs when the mammogram is taken, and the picture produced is not clear enough to read. If this happens BreastScreen NSW will contact you to return to the centre for another mammogram.

What happens if I require further tests?

Following a routine mammogram, around **1 in 20 women** are asked to return to BreastScreen NSW for further tests at an Assessment Clinic. This is because there is an area of their mammogram that needs further investigation.

Around 90% of women who are called back for further tests **do not have breast cancer.**

If you are recalled for further tests, you will be asked to go to an Assessment Clinic, which may be in a different location to where you had your mammogram.

The further tests are **free** through BreastScreen NSW and more information about these tests will be provided before you visit an Assessment Clinic.

What are the limitations of a mammogram?

A mammogram is the best way of detecting breast cancer early but, like other screening tests, is not 100% accurate.

Not all cancers will be detected through screening. Some cancers cannot be seen on a mammogram or can develop during the time between mammograms. There is also a small chance that a cancer could be missed on a mammogram.

A mammogram may also detect abnormalities in the breast tissue which need further tests, but may not turn out to be cancer.

Most breast cancers found through BreastScreen NSW would grow and be life-threatening if not treated. However, some breast cancers that are found and treated may not have become life-threatening. At this time, it is not possible to tell exactly which breast cancers are life-threatening and which breast cancers may not be.

What happens to my mammogram once it has been read?

BreastScreen NSW will keep your mammogram for at least 8 years. This allows the results of your latest mammogram to be compared with previous mammograms.

As part of continuous quality processes, BreastScreen NSW regularly audit mammogram results. If a review indicates any potential doubt about the original result you will be contacted. This may result in further tests.

What else can I do?

It is important that you prioritise your next mammogram appointment.

BreastScreen NSW recommends women aged 50 to 74 years have a free mammogram every two years.

Mammograms can show very small breast cancers before they can be seen or felt. The earlier a breast cancer is found, the better a woman's chances of survival.