

## Did you know?

- 1 in 8 women living in NSW will develop breast cancer in their lifetime
- Mammograms (breast x-rays) can detect cancers the size of a grain of rice, long before they can be seen or felt by you or your doctor.
- A BreastScreen NSW appointment is free and takes around 20 minutes.
- You do not need a referral from your doctor but we encourage you to bring your doctor's details to your appointment.

### 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](http://www.breastscreen.nsw.gov.au)

#### For an interpreter's assistance

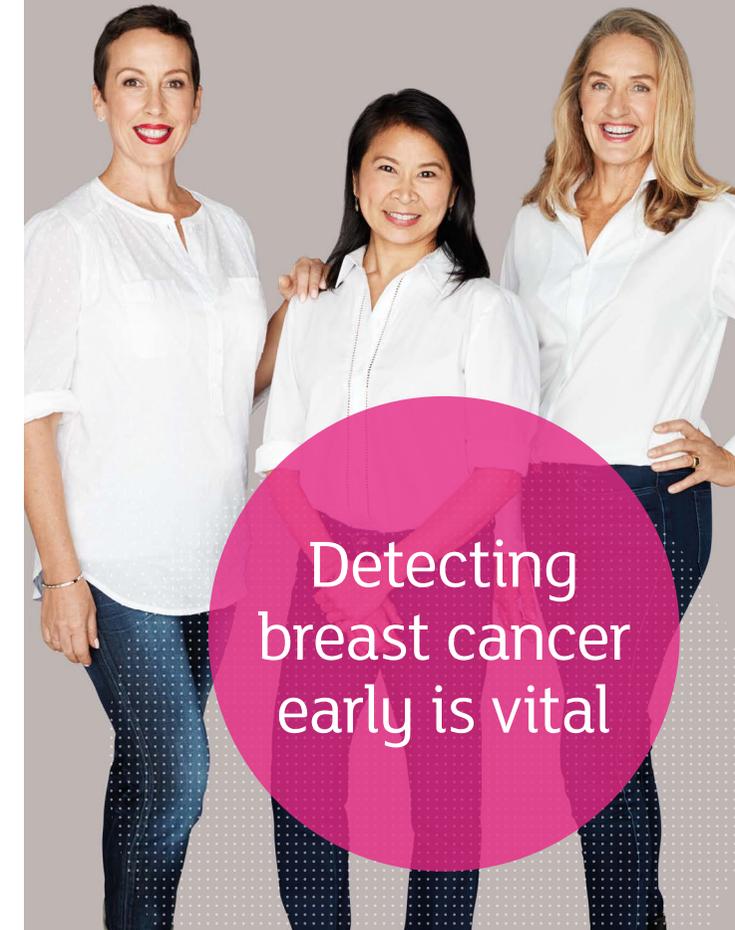
**13 14 50** (TTY 13 36 77)

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Detecting  
breast cancer  
early is vital

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**13 20 50**

20 minutes every 2 years  
could save your life

[breastscreen.nsw.gov.au](http://breastscreen.nsw.gov.au)

1. Phone 13 20 50 2. Book an Appointment 

### What is a mammogram?

A mammogram is an x-ray of a woman's breasts. BreastScreen NSW mammograms are for women who have not noticed any symptoms or changes in their breasts.

Our screening services are equipped with state of the art equipment, ensuring the highest quality mammograms with minimal radiation dose.



### Should I have a mammogram?

The choice to be screened is yours. However, BreastScreen NSW recommends women aged 50 to 74 years have **a 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 chance of survival.

### What happens at a mammogram?

Your appointment will take approximately **20 minutes.**

The receptionist will collect your completed registration and consent forms and explain the screening process to you. The female radiographer will take you into the private x-ray room where you can remove your top and bra.

During your mammogram the radiographer will take at least two x-rays of each breast. Your breast will be firmly compressed for about 10 seconds while the x-ray image is taken. This compression may be uncomfortable, but is only for a brief time.

If you feel any discomfort, inform your radiographer. You can stop the mammogram at any time.

### Can I have a mammogram if I am younger than 50 or older than 74?

All women aged 40 and over can contact BreastScreen NSW for a free mammogram.

BreastScreen NSW mammograms are not available for women under 40. Breast screening is not as effective in younger women due to denser breast tissue, which makes it harder to see small cancers on a mammogram.

BreastScreen NSW recommends that all women be breast aware. You should consult your doctor immediately if you notice any changes in your breast or have any questions or concerns.

### 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.

### How safe is a mammogram?

As with any x-ray, a very low amount of radiation is needed when taking a mammogram. Research shows the benefits of having a mammogram to find breast cancer early far outweigh any possible risks from radiation.

### 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.