

# Breast screening and you

20 minutes every 2 years could save your life.

13 20 50



## About breast cancer



1 in 7 women in NSW will develop breast cancer in their lifetime.<sup>1</sup>

Key risk factors for developing breast cancer are being female and getting older<sup>2</sup> – 75% of women diagnosed with breast cancer are over 50.

The best way to find breast cancer early in women aged 50 to 74 is to have a breast screen.



## 9 out of 10 women

with breast cancer have no family history of the disease.<sup>3</sup>

If found early, breast cancer is easier to treat and there is an increased chance of survival.

## Breast screening

A breast screen, also known as a mammogram, is an x-ray of the breasts. Mammograms can detect very small breast cancers before they can be seen or felt.

The BreastScreen NSW program is **FREE** and specifically designed for women aged 50 to 74. Women are recommended to have a breast screen every two years.

Women aged 40 to 49 and over 75 are also eligible to attend. However, speak to your doctor first to see if screening is a priority for you.

All BreastScreen NSW radiographers are female, and use state-of-the-art equipment which ensures the highest quality mammograms with minimal radiation.

**Book**  
your free breast  
screen today, call  
**13 20 50**  
or book online.

A doctor's referral is not needed, however, you are encouraged to bring your doctor's details to your appointment.

Screening with BreastScreen NSW is for women with no symptoms.

If you are experiencing symptoms such as a lump, nipple discharge or persistent new breast pain, please see your doctor without delay.



BreastScreen  
NSW

## Before your mammogram

- ✓ **Book** online at [book.breastscreen.nsw.gov.au](http://book.breastscreen.nsw.gov.au) or call 13 20 50.
- ✓ **Ensure** you know the address of your screening location.
- ✓ **Bring** previous mammogram x-rays (if your last screen was not with BreastScreen NSW).
- ✓ **Wear** a two piece outfit for your mammogram (you'll need to remove your clothes from the waist up).
- ✓ **Let us know** in advance if you have breast implants.
- ✗ **Do not** use talcum powder, deodorant or creams on the day of your mammogram, they can affect your x-ray.

## At your mammogram

- 1 Your appointment will take around 20 minutes.
- 2 A female radiographer will take you to a private room where you can remove your top and bra.
- 3 Please let the radiographer know if you have sensitive breasts, back or shoulder problems.
- 4 During your mammogram the radiographer will take two x-rays of each breast. It may be a little uncomfortable, but it is only for a brief time.
- 5 You can stop the mammogram at any time.

## After your mammogram

- 1 At least two specially trained doctors will independently read your x-ray images.
- 2 You will receive the results of your mammogram in writing within 2 weeks.
- 3 With your permission, the results will also be sent to your doctor.
- 4 If there is something on your mammogram that needs further investigation, you will be asked to attend an Assessment Clinic for further tests. 90% of women called back for further tests do not have breast cancer.

BreastScreen NSW has 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 free breast screening.

**Book online at [book.breastscreen.nsw.gov.au](http://book.breastscreen.nsw.gov.au) or call 13 20 50**

For interpreter assistance call 13 14 50 (TTY 13 36 77)

Find us on Facebook  [facebook.com/BreastScreenNSW](https://facebook.com/BreastScreenNSW)

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Please note, a mammogram is the best way of detecting breast cancer early, but no screening test is 100% accurate. For more information, please visit [breastscreen.nsw.gov.au/limitations](http://breastscreen.nsw.gov.au/limitations)

<sup>1</sup>Annual NSW cancer incidence and mortality data set, 2016 (sourced from the NSW Cancer Registry, Cancer Institute NSW).  
<https://www.cancer.nsw.gov.au/understanding-cancer/cancer-in-nsw/data-calculations>

<sup>2</sup>Australian Institute of Health and Welfare 2018. BreastScreen Australia monitoring report 2018. Cancer series no. 112. Cat. no. CAN 116. Canberra: AIHW.

<sup>3</sup>Collaborative Group on Hormonal Factors in Breast Cancer, 2001. Familial breast cancer: collaborative reanalysis of individual data from 52 epidemiological studies including 58 209 women with breast cancer and 101 986 women without the disease. *Lancet* 2001; 358: 1389–99

