

What else should I do?

1. **Women 50 years or over, have a FREE screening mammogram every two years.**
 - If you are screened regularly any breast cancer detected is likely to be at an early stage.
 - Only between 1-5% of women may require an annual screening mammogram depending on the significance of their family history of breast cancer.
 - If you have previously had breast cancer it is important to see your GP for regular follow up and have an annual screening mammogram.
2. **Be breast aware**
 - Get to know your breasts and what is normal for you. Look in the mirror at your breasts and feel your breasts from time to time.
 - Ask your GP to check your breasts regularly.
 - See your GP promptly if you notice any unusual changes in your breasts.

Changes which must not be ignored include:

1. a lump, lumpiness or thickening in the breast or armpit;
2. changes in the nipple such as inversion, new nipple discharge, itchy or ulcerated skin;
3. changes in the skin of the breast such as dimpling, puckering or redness;
4. an area of the breast that feels different from the rest;
5. new persistent breast pain.

Do you have any questions?

Contact your GP or phone:

BreastScreen WA

13 20 50 for appointments

(08) 9323 6700 for information

or

1800 800 033 toll-free from country

1800 241 708 TTY

The Cancer Council WA

(08) 9212 4333

13 11 20 Cancer Council Helpline

Women's Health Services

(08) 9227 8122

1800 998 399 toll-free from country

Family Planning WA (FPWA)

(08) 9227 6177

1800 198 205 toll-free from country

Women's Health Centres

There are many Women's Health Centres located around Western Australia. Check your local directory for one near you.

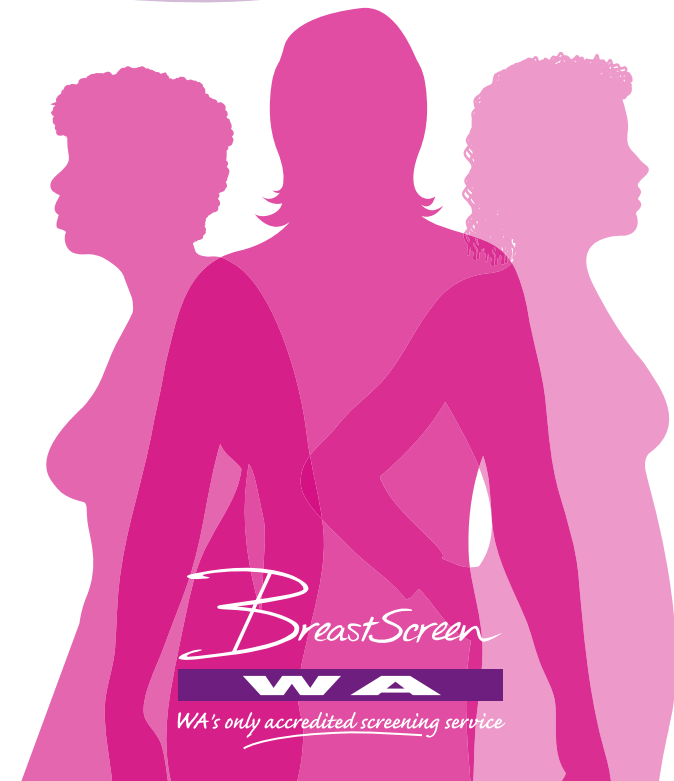


www.breastscreen.health.wa.gov.au

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After your screening mammogram, what next?



Helping Deliver a Healthy WA

13 20 50

Congratulations on having this important health check!

What about my results?

Your films will be read by two radiologists. You will receive your results by mail within two weeks. Please phone BreastScreen WA on (08) 9323 6700 or for country women phone toll-free on 1800 800 033 if your results have not arrived two weeks after your appointment. Results are also sent to the GP that you nominate unless you have requested otherwise.

What if I need a repeat X-ray?

Very occasionally the radiologist will request a repeat X-ray if the picture produced is not clear enough. If this is necessary, you will receive a phone call or letter requesting you return. These repeat X-rays will be done at the screening clinic.

What if I need further breast X-rays?

About 1 in 20 women are asked to come back for further breast X-rays. These X-rays will focus on the area of the breast that needs to be examined in more detail. If this is necessary a Breast Assessment Nurse from BreastScreen WA will phone to discuss this with you.

Women living in the metropolitan area.

In the metropolitan area, further X-rays are performed at one of BreastScreen WA's Breast Assessment Centres, located at Royal Perth Hospital and Sir Charles Gairdner Hospital.

Often these further X-rays will show there is no problem. A small number of women need some further tests, such as an ultrasound or biopsy. These tests are carried out on the same day as the further X-rays.

Women living in country WA.

For women in the country further X-rays are performed at the mobile service. A Breast Assessment Nurse will telephone you to let you know whether or not any additional tests will be needed.

It is important to remember that most women who have further tests do not have cancer.

All women who require further tests have the choice of being referred straight to one of our Breast Assessment Centres or seeing their GP. All test results at the Breast Assessment Centres are available at the time of appointment, except core biopsy results which will be available 24 hours later.

For the few women with cancer, early detection will greatly improve the chance of successful treatment. Small breast cancers can often be treated by less extensive surgery than that required for large cancers.

Will a mammogram show all breast cancers?

Screening mammograms can detect up to 90% of breast cancers. There are, however, a small number of cancers that cannot be seen on a mammogram.

There is a chance that mammography will either miss a change due to breast cancer (false negative) or that further tests will be performed to examine a change that is not due to breast cancer (false positive).

If you notice any changes in your breasts such as lumps, nipple discharge or persistent new breast pain, please see your GP promptly, even if your last mammogram showed no signs of breast cancer. Benign changes, such as cysts, are often seen on a mammogram but will only be reported to you if further tests are needed.

What happens next?

BreastScreen WA will send you a letter when you are due for your next mammogram. If for some reason you do not receive a letter, please phone us on 13 20 50* and we will arrange an appointment for you.

The mammograms you have had taken with the program are carefully kept for comparison with future breast screens.

Women aged 70 years and over do not receive a reminder letter, but are welcome to phone 13 20 50* for an appointment.

If you change your address please phone 13 20 50* and let us know.

(*for the cost of a local call)

Remember

- If you are aged 50 years or over, you should have a FREE screening mammogram every two years.