

## Your results

The results of your screening mammogram will be mailed to you and your doctor with your consent.

If further investigations are recommended a Breast Assessment Nurse from BreastScreen WA will phone you to discuss the best course of action.

Non-cancerous (benign) changes such as cysts are often seen on mammograms. However, these changes will only be reported to you if further tests are needed.

## What else should I do?

### 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.
- If you notice any unusual changes in your breasts such as lumps, nipple discharge, persistent new breast pain, or a rash, even if your last screening mammogram was normal, please see your GP promptly.
- Ask your GP to check your breasts regularly.

## Any questions?

The staff at BreastScreen WA will be happy to answer your questions. Please phone (08) 9323 6700 or for country women phone toll-free on 1800 800 033. The TTY number is 1800 241 708.

NOTE: You do not need a doctor's referral to make an appointment at BreastScreen WA.

## Where can I have a FREE screening mammogram?

BreastScreen WA has eight metropolitan clinics located at:

<b>Cannington</b>	Unit 15, Hometown Cannington, 1490 Albany Highway, Beckenham.
<b>Fremantle</b>	2nd Floor City House, 22 Queen Street, Fremantle. This clinic is on Level 2 and has lift access for standard wheelchairs.
<b>Joondalup</b>	Unit 1 Reid Promenade, Joondalup.
<b>Midland</b>	14/27 Old Great Northern Highway, Midland.
<b>Mirrabooka</b>	29 Yirrigan Drive, Mirrabooka.
<b>Padbury</b>	Hepburn Heights Shopping Centre, Unit 8/6 Blackwattle Parade, Padbury.
<b>Perth City</b>	50 Murray Street, Perth.
<b>Rockingham</b>	Unit 2, 12 Leghorn Street, Rockingham.


For maps of clinic locations visit [www.breastscreen.health.wa.gov.au](http://www.breastscreen.health.wa.gov.au)

Four mobile breast screening services visit outer metropolitan areas and country towns every two years. The dates and location for each visit are publicised prior to the arrival of the service.

## Phone 13 20 50 for a FREE screening mammogram appointment (for the cost of a local call) TTY 1800 241 708

If you need an interpreter, please call the Translating and Interpreting Service (TIS) first on 13 14 50 and ask to be connected to the BreastScreen WA call centre on 13 20 50.

### NOTE:

-  Wheelchair access is available at all metropolitan clinics.
- Evening and Saturday morning appointments are available at most metropolitan clinics.



A joint Australian, State and Territory Government Program



WA's only accredited screening service

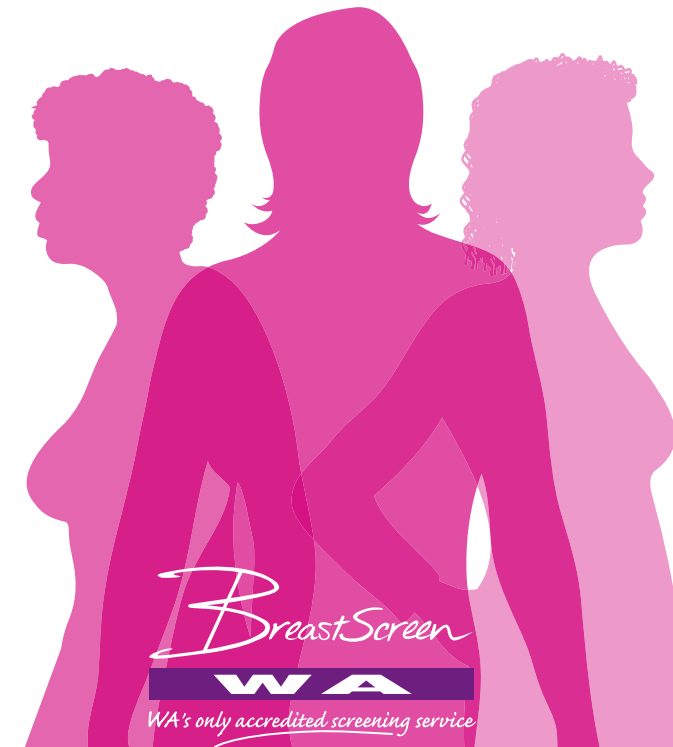


[www.breastscreen.health.wa.gov.au](http://www.breastscreen.health.wa.gov.au)

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# Have a FREE screening mammogram

## Helping you make an informed choice



HP 0340 November 07 22567

Helping Deliver a Healthy WA

13 20 50

## What is breast cancer?

Breast cancer is a group of abnormal cells which continues to grow and multiply. Eventually these cells may form a lump in the breast. If the cancer is not removed or controlled the cancer cells can spread to other parts of the body and may cause death.

Breast cancer is the most common life threatening cancer in Australian women and cannot be prevented. Women in Australia have a 1 in 8 risk of developing breast cancer in their lifetime.

## Should I have a screening mammogram?

A mammogram may detect a very small cancer before you or your doctor can feel it.

BreastScreen WA provides over 80,000 screening mammograms each year to Western Australian women. For every 1,000 women screened, about 950 will have no abnormality, approximately 50 women will be called back for further tests and about 6 of these women may have a breast cancer detected.

## How reliable is breast screening?

Screening mammograms can detect up to 90% of breast cancers. For all women, 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).

Not all breast cancers found on your mammogram can be cured.

## What is a screening mammogram?

A screening mammogram is a low dose X-ray of a woman's breast. Screening mammograms are performed on women with no breast symptoms, for the purpose of detecting breast cancer at an early stage before it can be felt or noticed.

## When should I have a screening mammogram?

BreastScreen WA provides FREE screening mammograms to women 40 years or over with no breast symptoms, and specifically targets women aged 50 to 69 years.

BreastScreen WA encourages women aged 50 to 69 years to have a FREE screening mammogram every two years.

The benefit from having a screening mammogram every two years is greatest for women in this age group. Over 70 per cent of breast cancers occur in women over 50 years of age.

## How is a screening mammogram performed?

A specially trained female radiographer will take your mammogram.

Usually two X-rays are taken of each breast, one from the side and one from the top. The whole appointment takes about 20 minutes.

Your films will be read by two radiologists. BreastScreen WA retains your mammograms for at least seven years for future comparison.

## Is a mammogram painful?

To obtain a clear picture and to minimise the radiation dose, the breast is positioned and compressed between two flat plates. This may be uncomfortable, but lasts only a few seconds.

## Is a mammogram harmful?

The risk of getting cancer from a screening mammogram is considered very low. The benefit of early diagnosis and treatment of breast cancer far outweighs the risk of the small amount of radiation received during a screening mammogram.

## Your decision

Some women may feel embarrassed about having a mammogram. BreastScreen WA respects each woman's privacy and dignity. The choice to have a screening mammogram is yours. In making this decision you may wish to discuss your individual circumstances with your doctor.



## To make a FREE screening mammogram appointment phone 13 20 50

When making your appointment, please let us know if you

1. have **breast implants**
2. require an **interpreter**
3. use a **wheelchair**.

These things may make your appointment a little longer.

## Important things to remember before your appointment

- Women whose breasts become tender before their periods find it more comfortable to have a mammogram during or just after a period.
- If you've had a previous mammogram elsewhere, please bring these films with you.
- Wear a two-piece outfit (top with trousers or skirt) as it will be easier for you. You will be given a gown to wear.
- Please don't wear talcum powder or deodorant on the day of your appointment. It may show on the X-ray picture.
- Bring your reading glasses.
- Please arrive 10 minutes early for your appointment.