

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.

Where can I have a FREE screening mammogram?

BreastScreen WA has eight metropolitan clinics located at:

Cannington	Unit 15, Hometown Cannington, 1490 Albany Highway, Beckenham.
Fremantle	2nd Floor City House, 22 Queen Street, Fremantle.
Joondalup	Unit 1 Reid Promenade, Joondalup.
Midland	14/27 Old Great Northern Highway, Midland.
Mirrabooka	29 Yirrigan Drive, Mirrabooka.
Padbury	Hepburn Heights Shopping Centre, Unit 8/6 Blackwattle Parade, Padbury.
Perth City	50 Murray Street, Perth.
Rockingham	Unit 2, 12 Leghorn Street, Rockingham.


For maps of clinic locations visit 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.

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.

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.

It's time for your next screening mammogram
Once is not enough



www.breastscreen.health.wa.gov.au

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Helping Deliver a Healthy WA

13 20 50

Your last screening mammogram was important.

Having regular screening mammograms every two years is even more important.

Why do I need another screening mammogram?

- The best way to detect changes in the breast is to compare with previous films.
- Women in Australia have a one in 8 risk of developing breast cancer in their lifetime and breast cancer cannot be prevented.
- The risk of breast cancer increases with age.
- A mammogram may detect a very small cancer before you or your doctor can feel it.
- The earlier a breast cancer is detected the better the chance of successful treatment.
- If you are aged 50 or over, you should have a screening mammogram every 2 years.

Remember - once is not enough

When you come for your next appointment please remember:

- Wear a two piece outfit (top with trousers or skirt) as it will be easier for you. You will be given a gown to change into.
- 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.
- Arrive 10 minutes early for your appointment.

Do I need to bring old X-rays?

We have the X-rays from your last visit to BreastScreen WA. However, if you have had a mammogram since your last visit, please bring these with you.

The mammogram

If you found your last mammogram uncomfortable or painful, please let the radiographer know.

Any discomfort should only last a few seconds.

If your breasts become tender before your period you may find it more comfortable to have a mammogram during or just after a period.

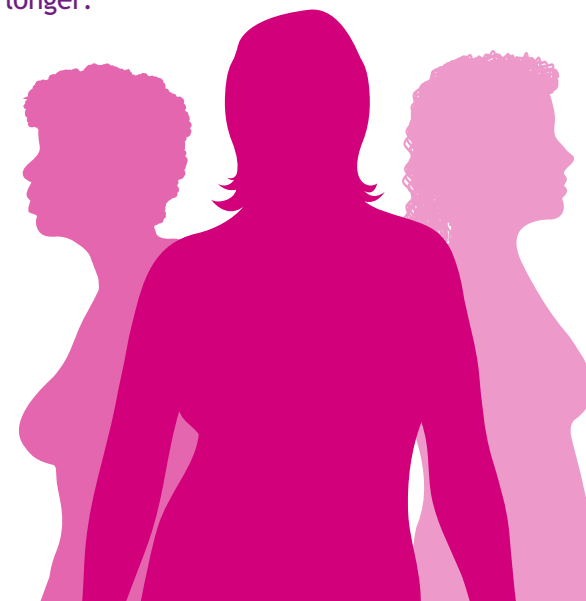
Some women may feel embarrassed about having a mammogram. BreastScreen WA respects each woman's privacy and dignity. The choice to have a screening mammogram is yours. In making this decision you may wish to discuss your individual circumstances with your doctor.

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.



Will mammograms show all cancers?

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

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).

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

If you notice any changes in your breasts please see your doctor straight away, even if the mammogram showed no signs of breast cancer.

Detection rates

BreastScreen WA provides over 80,000 screening mammograms each year to Western Australian women.

Some women may be recalled for further assessment, but this does not necessarily imply a breast cancer is present. For every 1,000 women screened, about 950 will have no abnormality detected, approximately 50 women will be called back for further tests and about 6 of these women may have a breast cancer detected.