

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 about breast health at your next check-up.

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.

Any questions?

The staff at BreastScreen WA will be happy to answer your questions. Please phone (08) 9323 6700 or 13 20 50.

Phone 13 20 50 for an appointment
(for the cost of a local call)

If you need an interpreter, please call the Translating and Interpreting Service (TIS) first on **13 14 50** and ask to be connected to our booking service on 13 20 50.

NOTE:

If you have a disability that limits your arm movement or you are in a wheelchair, you will need an extended appointment. Please call us on 13 20 50 between 8am and 5pm weekdays to make an appointment.



Wheelchair access is available throughout the entire BreastScreen WA service.

- Early morning, evening and Saturday morning appointments are available at all permanent clinics.

Please bring your Medicare card to your appointment.

BreastScreen WA

Telephone (08) 9323 6700

Facsimile (08) 9323 6799

Email breastscreenwa@health.wa.gov.au

Bookings 13 20 50

Translating Interpreting Service (TIS) 13 14 50



www.breastscreen.health.wa.gov.au

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Government of Western Australia
North Metropolitan Health Service



BreastScreen WA

Information on access for women with disabilities



Providing a quality service to meet individual needs



www.breastscreen.health.wa.gov.au

13 20 50

BreastScreen WA is a fully accredited partner in the BreastScreen Australia Program that provides a FREE, high quality screening mammography and assessment service for all eligible women in Western Australia.

BreastScreen WA is committed to equal access for women with disabilities.

When 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 FREE screening mammograms to women 40 years and over with no breast symptoms, and specifically targets women aged 50 to 74 years.

BreastScreen WA encourages women aged 50 to 74 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 75 percent of breast cancers occur in women over 50 years of age.

Women aged over 75 years are not sent a reminder to attend the service. We recommend you see your GP to discuss the benefits of continuing screening mammograms.

About your 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.

Finding a cancer at an early stage improves the chance of successful treatment.

What does a mammogram involve?

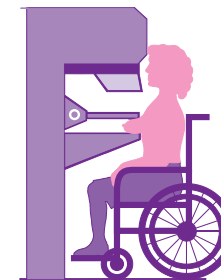
A specially trained female medical imaging technologist will take your mammogram.

Usually two X-rays are taken of each breast. To obtain a clear picture and to minimise the radiation dose, the breast is positioned and compressed. This may be uncomfortable, but lasts only a few seconds.

Some women who use wheelchairs are unable to be positioned appropriately for a complete mammogram.

It is important that you are independently able to hold your head up and hold your arms clear of both your chest and the breast support table while the mammogram is taken.

The whole appointment takes about 30 minutes.



For women unable to have a complete mammogram other techniques such as ultrasound and thorough clinical examination may be more appropriate. You should discuss these options with your GP.

Where can I have a FREE screening mammogram?

BreastScreen WA has metropolitan, regional and mobile screening services.

To find a location near you visit:

www.breastscreen.health.wa.gov.au/Breast-screening/Breast-screening-locations

Mobile breast screening services visit outer metropolitan areas and country towns every two years. Some towns are visited annually.

For approximate visit dates go to:

www.breastscreen.health.wa.gov.au/Breast-screening/Rural-and-remote-women

All BreastScreen WA services provide access for women with disabilities.

Extended appointment times and wheelchair access are some of the ways we can help meet your individual needs.

Please advise the call centre staff of your requirements when making your appointment so we can book an extended appointment or arrange an interpreter if necessary.