

## How will I know the result of my breast screen?

A letter will be mailed to you and your doctor with your consent.

If you elect to receive your results via SMS your results will be sent to you via a secure SMS link.



## What happens if they find something?

Up to 1 in 20 women may be called back for further tests, this does not mean that you have breast cancer.

BreastScreen WA will contact you to discuss the result and explain any other tests needed.

Most things on the breast X-ray that need extra checking are not cancer.

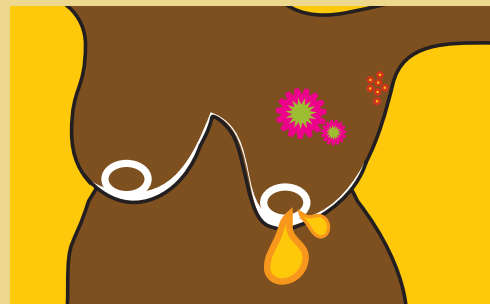
Remember, the earlier a breast cancer is found the better the chance of successful treatment.

## Can I be sure I'm OK if the breast X-ray is normal?

Although breast X-rays find most breast cancers (between 70-90%), they won't find them all.

If you notice a lump, nipple discharge or any new and persistent change in your breast, you should see your doctor or health worker as soon as possible, even if your breast X-ray was normal.

A breast X-ray may either miss a change due to breast cancer (false negative) or further tests may be performed to examine a change that is not due to breast cancer (false positive).



## What else can I do?

- Be aware of any changes in your breast.
- See your doctor straight away if you notice any changes in your breasts.
- Ask your doctor about breast health at your annual check up.

## Where can I have a FREE breast X-ray?

BreastScreen WA has metropolitan, regional and mobile screening services.

**For locations visit:** [www.breastscreen.health.wa.gov.au/Breast-screening/Breast-screening-locations](http://www.breastscreen.health.wa.gov.au/Breast-screening/Breast-screening-locations)

**For approximate mobile unit visit dates go to:** [www.breastscreen.health.wa.gov.au/Breast-screening/Rural-and-remote-women](http://www.breastscreen.health.wa.gov.au/Breast-screening/Rural-and-remote-women)



## Book your free appointment

Online bookings are available for most appointments at:

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

or phone: **13 20 50**

For more information call your local Aboriginal Medical Service or health worker.

**BreastScreen**  
AUSTRALIA  
A joint Commonwealth/State and Territory Program

**BreastScreen**  
WA  
WA's only accredited screening service

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

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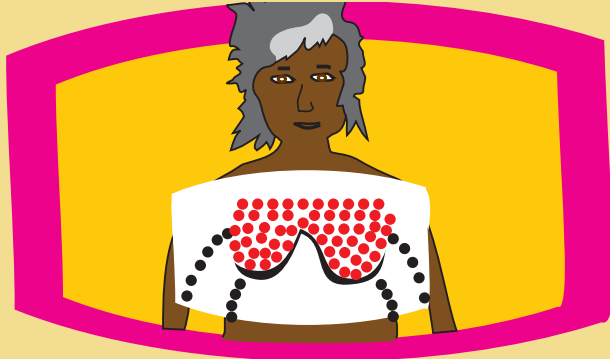
## Regular breast X-rays save lives

**Women 40 and over stay strong and healthy for you and your family**



## What is breast screening?

It is a mammogram (X-ray) to check women's breasts for early signs of breast cancer.



## Why do women need breast screening?

In Australia, breast cancer is one of the most common causes of death from cancer for women.

Finding breast cancer early gives the best chance of successful treatment.

## Remember

**Women 40 years and over can have a FREE mammogram every two years**

## Who should have breast screening?

Free breast screening is available to women aged 40 years and over at BreastScreen WA.

Women over 75 won't get a reminder letter. We recommend you see your doctor to discuss the benefits of continuing screening mammograms.

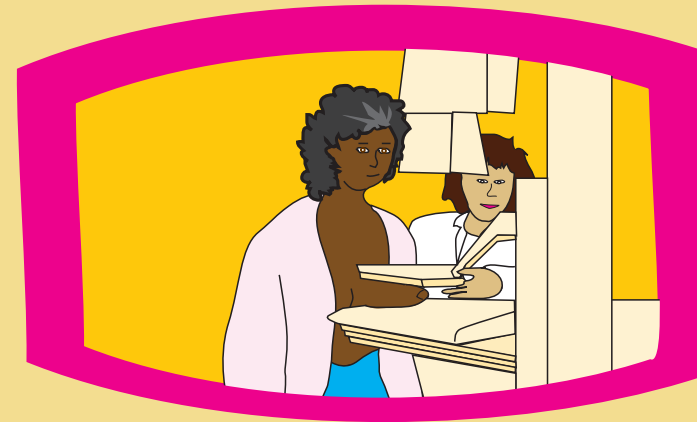
Women with a close relative diagnosed with breast cancer should talk to their doctor or health professional about screening.

It is your choice to have a screening mammogram.

## How often should I be screened?

Every two years. Remember, once is not enough.

Your doctor will tell you if you need to be screened more often.



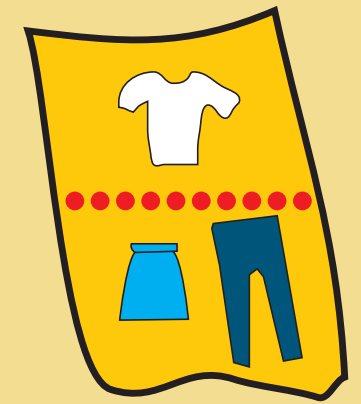
## What happens during a breast X-ray?

To get a clear picture, the breast must be compressed by a gentle squeezing of the breast.

Two X-rays are taken of each breast. Compression of the breast may be uncomfortable, but the X-ray takes only about 10 to 15 seconds.

A very low dose of radiation is used in the screening mammogram.

The whole appointment takes about 15 minutes.



## Before you come for a breast X-ray...

Wear a two-piece outfit such as a skirt and shirt.

If you are still having periods, it is best to have the X-ray done during or just after your period, when the breasts are less likely to be tender.

Don't wear powder or deodorant - it can show on the X-ray.

Remember to bring your Medicare card.

