

What else should I do?

Have a screening mammogram every two years after the age of 50 years.

- If you are screened regularly any breast cancer detected is likely to be at an early stage.
- If you have a strong family history of breast cancer (mother/sister/daughter/father/brother/son) it may be advisable to have a yearly screening mammogram.
- If you have previously had a breast cancer it is important to see your GP for regular follow up and have a screening mammogram yearly.

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 changes in your breasts.

Changes which must not be ignored include:

- A lump, lumpiness or thickening;
- Changes in the skin of a breast, such as puckering, dimpling or rash;
- Persistent or unusual pain;
- A change in the shape or size of a breast;
- Discharge from the nipple, or a change in its shape.

Do you have any questions?

Contact your GP or phone:
BreastScreen WA
(08) 9323 6700 - for information
13 20 50 for appointments
1800 800 033 toll-free for country women
Email: breastscreenwa@health.wa.gov.au

National Relay Service www.relayservice.gov.au

13 14 50 Translating and Interpreting Service (TIS)

BreastScreen WA After your screening mammogram, what next?

After your screening mammogram, what next?



www.breastscreen.health.wa.gov.au

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Congratulations on having this important health check.

What about the results?

Your films will be read by two different radiologists. Every effort is made to ensure you 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 by then.

Results are also sent to the GP that you nominate unless you have requested otherwise.

What if I need further X-rays?

Sometimes a woman will need to be called back for further X-rays. 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.

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. For example, it is often possible to remove a lump rather than the whole breast.

Will a mammogram show all breast cancers?

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

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 the mammogram shows 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.

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

Remember

- **If you are aged 50 years or over, you should have a screening mammogram every two years.**
- **Early detection of breast cancer is your best protection.**
- **See your GP promptly if you notice any unusual breast symptoms.**

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

For an interpreter please call 13 14 50.

(*for the cost of a local call)