

Where can I have a screening mammogram?

BreastScreen ACT has three screening sites:

- Canberra City
- Phillip
- Belconnen.

Wheelchair access is available at all clinics.

Free interpreters are available. If you need one, please ask us when you make your booking.

If you have a disability, including one that affects your mobility, or you have a carer, you can give us a call on **(02) 6205 5053** to work out the best option for you.

How can I make an appointment?

To make an appointment phone **13 20 50**

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

Group bookings

Group bookings are available to clients who would prefer to come to the service as a group. Please phone **13 20 50**.

Don't Delay- Call Today

 **13 20 50**

What else can I do?

Even if you have regular mammograms, we encourage you to be breast aware.

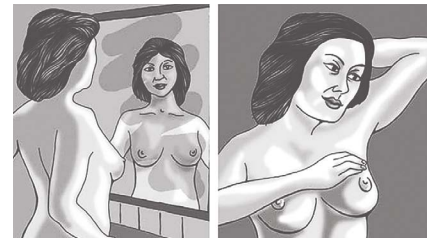
Being breast aware means getting to know how your breasts look and feel at different times. Many normal changes to your breasts happen because of hormonal changes and getting older. It is important to get to know the normal look and feel of your breasts, so you can notice any new or unusual changes.

Look in the mirror at your breasts and feel your breasts from time to time.

The changes to look for include:

- a new lump, lumpiness or thickening of your breast or armpit area
- any changes to your nipple including, discharge, inversion (looking like it is going into your body), ulcers or itchiness
- any changes to the size, shape or colour of your nipple or breast
- any changes of the breast skin such as dimpling, tethering (pulling) redness or rashes.

If you notice any of these changes to your breasts, see your doctor.



It is important to check all of your breast tissue from your collarbone to below your bra line and your underarm area.

www.canberrahealthservices.act.gov.au/services-and-clinics/services/breastscreen-act

Email: breastscreen@act.gov.au


Bookings: 13 20 50

Telephone: 02 6205 4444


Facsimile: 02 6205 1394

Translated Interpreter Services: 13 14 50





Acknowledgement of Country


 Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



 **Accessibility:** How to get this information in other ways.

To get this information:

-  in large print
-  to listen to
-  in any other format
-  call **(02) 5124 0000**

 If you need the translating and interpreting service call **131 450**

canberrahealthservices.act.gov.au/accessibility



It saves lives



It's free



It only takes 20 minutes

BreastScreen ACT

Breast screening information

 **13 20 50**

A program of



A joint Australian, State and Territory Government Program

Who can have a screening mammogram?

BreastScreen ACT provide **FREE** screening mammograms once you are 40 years or over with no breast symptoms. Once you are aged 50 to 74 years, we encourage you to have a **FREE** screening mammogram **every two years (24 - 27 months)**.

More than 80% of breast cancers are found in women aged 50 years and over.

BreastScreen ACT respects your privacy and dignity. It is your choice to have a screening mammogram. You may wish to talk about your choice to have a screening mammogram with your doctor.



Breast cancer - the facts

Breast cancer is the most commonly diagnosed cancer in Australian women and, while it cannot be completely prevented, early detection can save lives.

Breast cancer is made up of a group of abnormal cells which continue to grow and multiply.

Eventually these cells may form a lump in your breast. If the cancer is not removed or controlled, the cancer cells can spread into other parts of your body and may cause death.

Finding breast cancer at an early stage improves your chance of successful treatment.

The greatest risk factors of breast cancer include increasing age and being female at birth.

Trans and Gender Diverse (TGD) people are welcome to screen with us if you are aged 40 or over and meet the eligibility criteria. You can visit our website or call our Clinical Coordinator on **(02) 6205 5053** if you have any questions.

What is a screening mammogram?

A screening mammogram is an X-ray, or picture of the inside of your breast. A screening mammogram is the best way to detect breast cancer early.



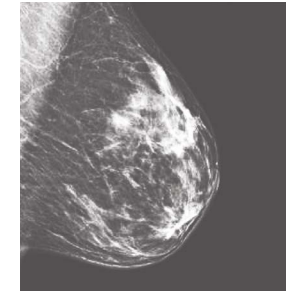
A screening mammogram may detect cancer before it can be felt.

How is a screening mammogram performed?

A Radiographer will carefully position your breast onto the x-ray machine. Pressure is applied across the breast to ensure we spread the tissue and there is no movement. This also reduces the amount of radiation you are exposed to. Two images of each breast are taken, one from top to bottom, the other from the side (see images below).



Without being pressed your x-ray would appear blurred.



When your breast is pressed your x-ray will be much clearer.

The pressure applied may not be comfortable, but it is only for a short period of time. You can ask the radiographer to stop at any time.

What happens when I visit BreastScreen ACT for a free screening mammogram?

We ask that you wear a two piece outfit, such as a skirt or trousers and a shirt. This is so you can easily remove your top.

Please do not wear any powders, deodorants, body spray or creams on your chest area on the day of your appointment.

When you arrive at BreastScreen ACT:

- We will welcome you, ask for your Medicare card and provide a consent form for you to complete.
- A female Radiographer will take you into a mammogram room and will go through your paperwork and answer any questions you may have. They will then take four x-ray images (two of each breast).

Please note:

Your images will be reviewed by at least two specially trained Radiologists. We make every effort to get your results to you within two weeks.

Between 5-10% of people who have a mammogram with Breastscreen ACT will be called back for additional images (pictures) and investigations.

If this happens, a nurse counsellor from BreastScreen ACT will call to speak with you.

Most people who are called back for further investigation do not have breast cancer.