

Stay strong and healthy for your family.

When checking your breasts, have you noticed:

- A change in the shape or size of your breast?
- A lump that you have not felt before?
- Any changes to the nipple that you have not seen before like bleeding or discharge?
- Any changes to the skin around the breast?
- Any swelling in your armpit or collarbone area?
- Any unusual breast pain?

If you find or feel any changes in your breast, tell your doctor.



Mercy

“A friend told me to try BreastScreen Queensland because she liked how they looked after her.”



Anna

“You cannot catch breast cancer from someone else and people who have breast cancer did not do anything wrong.”



Raima

“I have daughters. Mothers have to be role models.”

Produced by the Metro North Hospital and Health Service, Queensland. Illustrations by Julie Haysom.

How to make an appointment:



Phone 13 20 50 or book online www.breastscreen.qld.gov.au

If you need an interpreter, please tell our staff when making your appointment.

If you need help in your language, please call the Translating and Interpreting Service (TIS) on 131 450.



To make an appointment for BreastScreen Queensland a doctor's referral is not required.

BreastScreen Queensland Services can also provide:

- Group bookings
- Free educational talks for community groups
- Longer appointment times if needed

Please mention this brochure when making an appointment.



Your Guide to Breast Health



A breast screen is the best way to check if your breasts are healthy.

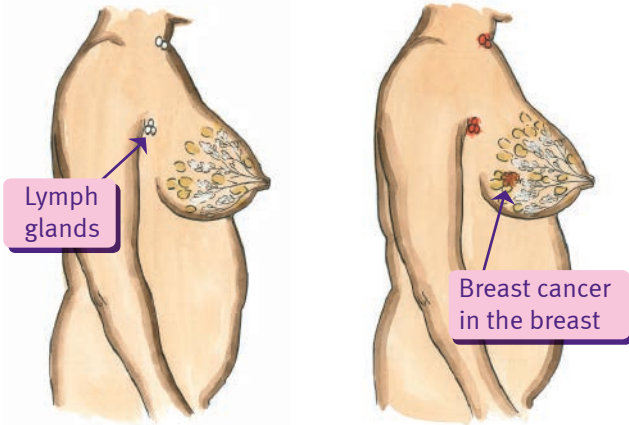


What is breast cancer?

Breast cancer is unhealthy cancer cells that grow in the breast.

These unhealthy cells can make you very sick.

If these cancer cells are found early they can be treated.

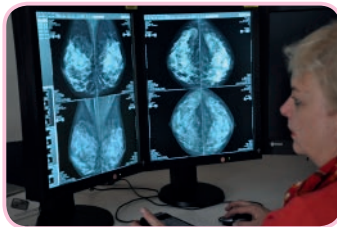


What is a breast screen?

A breast screen is a test to look for cancer cells in your breast.

A special X-ray machine is used to take a picture of the inside of your breast.

These pictures can help the doctors to see if there are cancer cells in your breasts.



A breast screen is the best way to check if your breasts are healthy.

A breast screen can show changes that are too small to see or feel.

Who can have a FREE breast screen?

- All women aged 50 and older.
- Women from the age of 40 can also attend.
- It is most important to have a breast screen every two years.

What happens at a breast screen appointment?

A female radiographer will X-ray your breasts using a special X-ray machine.

Your breasts will be pressed for a very short time.



Get to know your breasts well.

Know what your breasts look like, their shape and how they feel. Every woman is different so get to know what is “normal” for you. Tell your doctor if you notice any changes in your breasts.

Here are 3 easy ways to check your breasts.

1. Check your breasts in the shower

- Press gently all over each breast with the tips of your fingers
- Feel up to your neck and collarbone
- Feel under the armpit



2. Check your breasts while in bed

- Lie flat with one arm under your head
- Press down gently all over each breast



3. Look at your breasts in the mirror

Look for:

- Redness or swelling
- Rashes or flaky skin
- Change in breast size or nipple change



It is important to check your breasts regularly. There is no right or wrong way to check your breasts.