



BreastScreen
Victoria

LISA'S STORY

Lisa has a mammogram
A test for women aged 50 to 74 years old



The booklet is a story about the breast screening test called a mammogram.

The words and pictures in the booklet will help you learn about how to keep your body healthy.

The booklet has some hard words.

You can find the meaning of these words at the end of this booklet in the glossary on page 13.

We recommend women with disabilities talk to their doctor about breast screening.

We would like to thank Family Planning NSW for permission to adapt their resource for use in Victoria.



Lisa has turned 50 and gets a letter from BreastScreen Victoria asking her to have a mammogram.

Lisa needs help reading the letter and asks her mum Nancy to explain.

Nancy explains that a mammogram takes an X-ray picture of her breasts to check for changes that could be cancer.

Nancy explains that women aged 50 to 74 should have a breast screen every 2 years.



Lisa rings BreastScreen Victoria to make an appointment.

The appointment is in a few weeks.

Lisa gets sent a consent form before her appointment.

Lisa asks her mum to help her fill out the form.

Lisa is nervous and asks her mum to go with her to the appointment.



Lisa and Nancy arrive at the BreastScreen Victoria clinic.

Lisa has brought her consent form with her.

Lisa lets the receptionist know she is there for her mammogram.

Lisa gives her consent form to the receptionist.

The receptionist checks that it is filled out correctly.

Lisa and Nancy wait in the waiting room.



Helen calls Lisa's name.

Helen is the radiographer who will take her X-ray pictures.

Helen introduces herself to Lisa.



Helen takes Lisa into the X-ray room.

She reads Lisa's form and asks Lisa her date of birth and address.

Helen asks some more questions about her health.

Lisa answers the questions.

Helen explains how the test is done.

Helen asks Lisa if she is ready to have her mammogram.

Lisa says "yes".



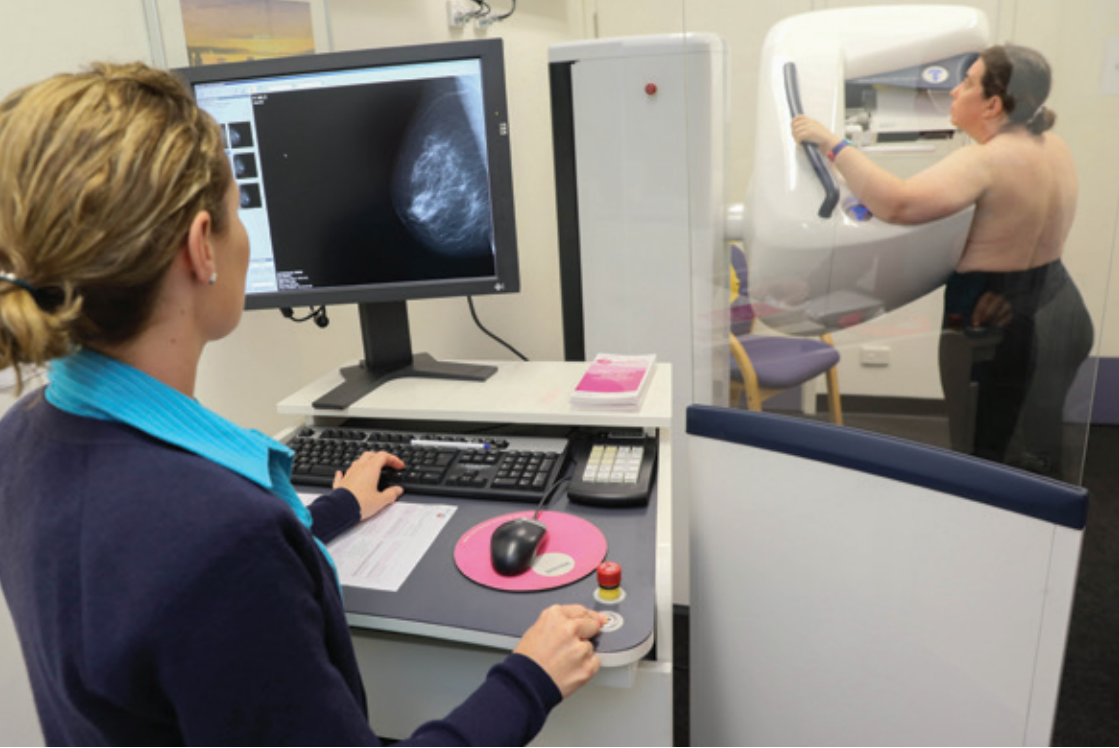
Helen asks Lisa to remove her shirt and bra and move to the front of the X-ray machine.

She touches Lisa and lifts one of her breasts into the X-ray machine.

Helen explains that it might be slightly uncomfortable.

Helen tells Lisa she is starting the mammogram.

The machine closes and firmly squeezes Lisa's breast.



Helen moves behind the screen

Helen takes an X-ray picture.

The machine opens and releases Lisa's breast.



Helen comes out from behind the screen and turns the X-ray machine around.

She takes another X-ray picture of Lisa's breast but this time from different position.

Helen repeats the same process for the other breast.

She then tells Lisa that the mammogram is finished.

Helen tells Lisa that she can get dressed.



Helen tells Lisa that she will get a letter with her results in a few weeks.

Lisa and Nancy say good bye to Helen and leave the clinic.



A few weeks later, Lisa gets a letter from BreastScreen Victoria.

The letter says her breasts have no signs of breast cancer.

Lisa is glad she had the test and knows that her breasts are healthy.

Lisa will get a letter in 2 years to remind her to book her next mammogram.

What happens if you get asked to come back for more tests?

- Sometimes x-rays show changes that the doctors need to check again.
- BreastScreen Victoria will call you if you need to get more tests.
- A nurse will explain the tests before you have them.
- You can ask the nurse any questions before you have the tests.
- You can bring someone with you to your appointment.
- Most women who need more tests do not have breast cancer.

Easy English Breast Screening Glossary

BREAST SCREENING TEST – Page 1

A test to check that your breasts are healthy. It is also called a mammogram.

MAMMOGRAM – Page 1

A mammogram is an x-ray picture of the breasts. X-ray pictures show what your body looks like on the inside. A mammogram is a type of x-ray picture and is the best way to detect breast cancer early.

CANCER – Page 2

Our bodies are made up of cells. When the cells grow too much it can be cancer. Some cancers can spread to other areas of the body. Lots of people are cured of cancer, especially if it is found early.

RADIOGRAPHER – Page 5

A radiographer is a person who takes the x-ray pictures of your breast. X-ray pictures show what your body looks like on the inside.

X-RAY MACHINE – Page 7

An X-ray machine is used to take X-ray pictures. X-ray pictures show what your body looks like on the inside.

X-RAY PICTURE – Page 8

X-ray pictures show what your body looks like on the inside. A mammogram is a type of x-ray picture.

EXTRA NOTES

- Talk to your doctor to see if you should have a mammogram.
- If you notice an unusual change in your breasts such as a lump, see your doctor straight away.
- The mammogram might be a bit uncomfortable but it should not hurt.
- You can say “stop” at any time during your test if:
 - it hurts
 - it is too uncomfortable
 - you have changed your mind.

- Tell the radiographer straight away if you want to stop the test.
- You can ask questions if you are unsure or confused about the mammogram.
- Wear comfortable clothes that you can take off easily. Some people find it easier to wear a shirt with a skirt or pants rather than a dress.
- The mammogram is private. If you want to, you can talk about it to a trusted person like your family, friends or support worker.

Other *Just Checking* resources

This resource was adapted from Family Planning NSW.

Family Planning NSW has a series of resources on cancer screening for people with intellectual disability. You can find the other resources in this series on their website www.fpnsw.org.au/justchecking

Just Checking videos

- Cervical cancer screening
- Breast cancer screening
- Bowel cancer screening

Just Checking social stories

- Betty has a Cervical Screening Test
- Bob has a bowel screening test

Just Checking Support Person's Tool

A guide for workers supporting a person with intellectual disability about cervical, breast and bowel screening.

BreastScreen Victoria Services

BreastScreen Victoria has 42 permanent screening clinics and eight assessment services. The Mobile Screening Service visits rural and regional locations throughout the state every two years.

Most screening centres provide wheelchair access.
To find your nearest accessible clinic call 13 20 50.

For more information please visit www.breastscreen.org.au
or call 13 20 50.



breastscreen.org.au
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