

It is time for your next free breast screen

It has been at least 2 years since your last breast screen (mammogram) with BreastScreen Victoria.

Book your next appointment online at **breastscreen.org.au** or call **13 20 50**.

Why is it important to have a breast screen every 2 years?

Breast screens are the best way to find breast cancer at an early stage. They can detect cancers that are too small to feel and the sooner cancer is found, the more successful treatment is likely to be.

Having a breast screen every 2 years means your breasts can be checked for any changes over time.

What will happen at my next breast screen appointment?

When you arrive for your appointment, you will be welcomed by a member of our team who will explain the screening process. A woman radiographer will then take you into the screening room. Please ask if you would like to wear a gown. When you are ready, the radiographer will take at least two x-ray images of each breast.

If you found your last breast screen to be painful, please let your radiographer know.

Are breast screens safe?

Each time you have a breast screen, your breasts are exposed to a very small amount of radiation. Research shows that the benefits of breast screens in finding cancer early outweigh any radiation risks.

Will a breast screen find all cancers?

Breast screens are the best way to find breast cancer at an early stage. However, they are not 100% accurate. There is a small chance that breast x-ray images will look normal even if breast cancer is present.

What if I notice changes to my breasts?

If you notice any changes to your breasts, such as a new lump, nipple discharge or redness, see your doctor as soon as possible. Do not visit BreastScreen Victoria.

What should I do between breast screens?

Breast cancer can develop at any time. Even if you have a breast screen every 2 years, it is important to stay breast aware. We recommend you get to know the normal look and feel of your breasts. If you notice any changes to your breasts, see your doctor as soon as possible.

What if I have breast implants?

If you have breast implants, you can still have regular breast screens every 2 years. Please advise staff when booking your appointment.

Our program is respectful and welcoming

We are committed to ensuring our program is inclusive and accessible to all eligible Victorians. We run community programs to address barriers to breast screening and increase participation in our program.

For more information on community support at BreastScreen Victoria, visit www.breastscreen.org.au/community-support/

For more information about breast health:

Cancer Australia – www.canceraustralia.gov.au

Cancer Council Victoria – www.cancervic.org.au

Cancer Council Victoria helpline – call [13 11 20](tel:131120)

If you are aged 50 to 74, a breast screen every 2 years could save your life.

Our program



Is free



Is with a woman radiographer



Takes about 10 minutes



Does not require a Medicare card or doctor's referral



Is available across Victoria



Book at
breastscreen.org.au
or call **13 20 50**

TTY 13 36 77 if you have hearing
or speech difficulties



For more information or to change your details,
visit **breastscreen.org.au** or call **13 20 50**



For interpreter assistance, call **13 14 50**



Translated information:
breastscreen.org.au/translations



BreastScreen Victoria acknowledges the
support of the Victorian Government.