

Breast screening and a previous diagnosis of breast cancer

This document includes information about having a breast screen (mammogram) with BreastScreen Victoria if you have previously been diagnosed with breast cancer.

Who is BreastScreen Victoria?

BreastScreen Victoria is an accredited part of BreastScreen Australia – the national screening program for breast cancer. The program invites eligible Victorians aged 50 to 74 to have a free breast screen every 2 years.

We contract public and private health service providers to deliver breast screening in Victoria.

What sort of breast screening does BreastScreen Victoria offer?

BreastScreen Victoria provides standard breast screens. This includes two x-ray images of each breast – one from the top and one from the side.

If you have previously had breast cancer and have had a lump removed, we will take x-ray images of both breasts. If you have had a breast removed, we will take x-ray images of your other breast.

We will only ask you to come back for more tests if there is an area on your breast screen that we believe needs further investigation. We do not routinely provide other tests if your breast screen appears normal.

You should discuss with your doctor to see if they recommend other tests.

Can I have free breast screens if I have had breast cancer?

You will need to be closely monitored by a doctor for the first 5 years after a breast cancer diagnosis.

After 5 years, you can have free breast screens through our program with the approval of your doctor.

We recommend you discuss with your doctor whether our program is suitable for you before booking an appointment. This includes if you have had a mastectomy and can have your other breast screened. If you have had a double mastectomy (both breasts removed) you will not need a breast screen as you will not have any remaining breast tissue.

What if I have been previously diagnosed with breast cancer?

If you have been diagnosed with breast cancer in the past and have had surgery to remove a lump or your breast, it is very important that you have regular check-ups. This is because people who have been diagnosed with breast cancer in the past have an increased risk of developing breast cancer again.

If you have had breast cancer, your regular check-ups should involve:

- Annual physical examination of your breasts by a doctor
- Annual breast screens
- Other tests that may be required

How can I book an appointment with BreastScreen Victoria?

You can book an appointment online at breastscreen.org.au or call 13 20 50.

We will send you a reminder to book a breast screen appointment every year until you reach the age of 74. From age 74, we will no longer send you a reminder but you can continue to have a free breast screen every year.

Will I need to bring my previous breast screens?

It is very important that we have all your previous breast x-ray images for comparison. This is because your breast cancer treatment may have caused changes to your breasts, so we will need to compare. You may bring your previous breast screens in a film bag or on a CD/USB.

If you don't have your previous breast screens, you will need to ask your doctor or the imaging service you attended to provide you with copies. This should be easy to do as x-ray images are now stored electronically. We will have any breast x-ray images taken through BreastScreen Victoria, so you do not need to provide these.

Bringing your previous breast screens may prevent you from being called back for unnecessary further tests.

When will I receive my results?

Your breast x-ray images will be independently reviewed by two or more trained health professionals. We will send your results to you within approximately 2 to 4 weeks.

We will also send a copy of your results to your doctor and/or nominated specialist if you have provided their details.

What should I do between breast screens?

We recommend you get to know the normal look and feel of your breasts between check-ups. If you notice any changes to your breasts, such as a new lump, nipple discharge or redness, see your doctor as soon as possible.

In addition, try to keep yourself as healthy as possible. Pay attention to your general health and fitness, eat a balanced diet, minimise alcohol intake and keep your weight within a healthy range to reduce the risk of your breast cancer returning.



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



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