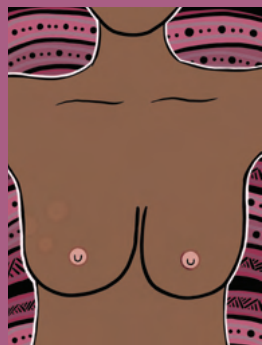


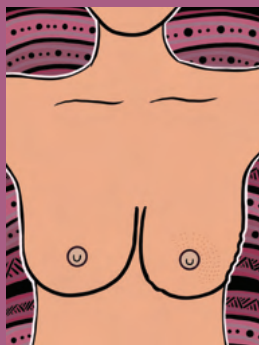
## Be breast aware

It's important for women of any age to know what their breasts normally feel and look like. Being breast aware means you will notice any unusual changes. Check your breasts regularly and look out for some of these changes.

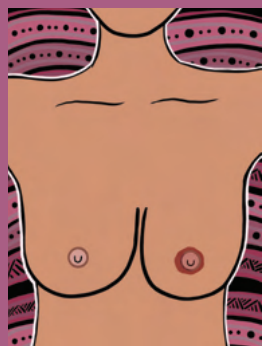
## What changes should I be aware of?



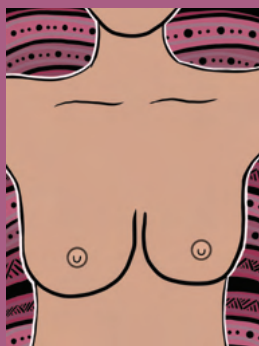
A **lump, lumpiness** or **thickening** in your breast or armpit



A change in the skin such as **puckering** or **dimpling**



A change to the nipple such as **crusting** or **redness**



A change in the **shape** or **size** of one breast

What if I find a change in my breasts?

See your doctor, nurse or Aboriginal Health Worker as soon as possible



**BreastScreen**  
Victoria

**BreastScreen Victoria**  
13 20 50  
[www.breastscreen.org.au](http://www.breastscreen.org.au)



**Cancer Council Victoria**  
13 11 20  
[www.cancervic.org.au](http://www.cancervic.org.au)

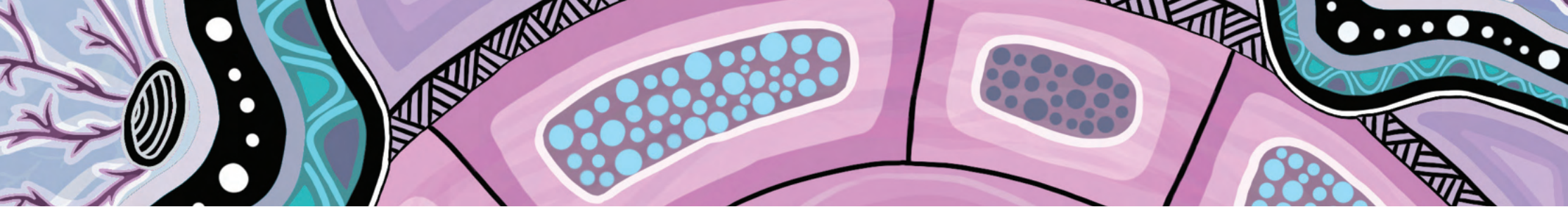
Artist: Nakia Cadd (Gunditjmarra, Yorta Yorta, Dja Dja Wurrung & Bunitj) Title: *Our Health Matters*

We acknowledge the Traditional Custodians of the land on which we work and pay respect to the culture and values of all Aboriginal and/or Torres Strait Islander people.

BreastScreen Victoria and Cancer Council Victoria would like to acknowledge the work of Aboriginal Health Workers and organisations in assisting us in the delivery of quality, culturally sensitive services.

# Take the Lead

A breast screening guide for Aboriginal and/or Torres Strait Islander women



Breast cancer is the most common cancer among Aboriginal women in Victoria. Be breast aware, so that you can stay healthy and strong for you, your family and community.

### What causes breast cancer?

We don't know exactly what causes breast cancer, but we do know that several factors can increase your risk of developing it.

These generally are:

- Being a woman over 50
- Having a mother, sister or daughter with breast or ovarian cancer
- Drinking alcohol, smoking and not having a healthy diet
- Not exercising (even walking for an hour a day can reduce your risk)
- Having breast or ovarian cancer in the past
- Being overweight, especially as you become older

### What is a breast screen?

A breast screening mammogram is an x-ray of your breast. Breast screens can find cancer the size of a grain of rice, long before you or your doctor can see anything.

Early detection through breast screening gives you a better chance of successful treatment and recovery.

#### Breast screening



is **free**.



takes about **10 minutes**.



doesn't need a **doctor's referral**.



is provided by **female radiographers**.



is available at a clinic near you **throughout Victoria**.

### When should I have one?

#### Aged 50-74?

You should be screened every two years.

#### In your 40s or over 75?

Talk to your doctor to find out if breast screening is right for you.

### Booking an appointment is easy

Visit **[www.breastscreen.org.au](http://www.breastscreen.org.au)** or call **13 20 50**.

Visit your local Aboriginal Medical Service and talk to your doctor or Aboriginal Health Worker. You can also go in a group and are welcome to bring a friend or family member with you.

We have many clinics and mobile screening services throughout Victoria.

