

Breast/chest screening for trans and gender diverse people

BreastScreen Victoria offers a safe and inclusive space for people of all genders and sexualities. Women, trans and gender diverse people aged 50 to 74, and without breast symptoms are invited to book a free breast/chest¹ screen with a woman radiographer in one of our clinics across Victoria every 2 years.

At BreastScreen Victoria, we proudly wear our Rainbow Tick. This accreditation aims to promote long-lasting LGBTIQ+ inclusion and was developed by Rainbow Health Australia.

We received the Tick in March 2019, a first for a breast screening service in Australia. We have since been re-accredited and are continuously improving to ensure our service is welcoming, inclusive, and safe for our LGBTIQ+ clients.

This sheet provides information about breast/chest health, breast cancer and screening. If you have any suggestions to improve this information, or our services more broadly, please call [13 20 50](tel:132050).

We understand that some people find the use of the word 'breast' to be gendered. We use the word 'breast' when referring to 'breast cancer'. Everyone (regardless of gender) has breast tissue. Breast cancer refers to cancer in the breast tissue and so when we say 'breast' we do it in a non-gendered, medical way.

What are the risk factors for breast cancer for the trans and gender diverse community?

- Age is the biggest risk factor: 75% of breast cancers occur in people between 50 and 74
- Having female sex characteristics like hormones and reproductive organs may increase your risk of breast cancer
- Lifestyle choices such as diet and exercise may impact the risk of breast cancer
- Most people diagnosed with breast cancer do not have a family history of the disease
- Having breast implants or binding your chest does not increase your risk

Speak to a doctor if you're unsure about your personal risk factors.



¹ A note on terminology: We refer to breast/chest screening. This is because we recognise that many trans men and gender diverse people do not identify as having breasts, feel ambivalent about having breasts and prefer the term "chest" on its own.

Do I need to screen?

A breast screen can find cancers that are too small to feel. The sooner cancer is found, the more successful treatment is likely to be. Trans and gender diverse people have a unique set of factors that may affect their breast cancer risk. Speak to a doctor about your personal risk factors and the need for screening. The table below summarises whether screening for breast cancer may benefit you.

Trans women aged 50 to 74	<p>If you have taken gender-affirming hormones (like oestrogen) for 5 years or more, screening every 2 years may be of benefit.</p> <p>If you have taken gender-affirming hormones for less than 5 years, or have never taken gender-affirming hormones, screening is not recommended.</p>
Trans men aged 50 to 74	<p>If you have not had top surgery, screening is recommended every 2 years.</p> <p>There are no clear recommendations for people who have had top surgery. We suggest talking to a doctor about your individual risk factors including previous surgical and hormone treatment.</p>
Gender diverse/ non-binary people aged 50 to 74	<p>If you were assigned female at birth and have not had top surgery, screening is recommended every 2 years.</p> <p>There are no clear recommendations for people who have had top surgery. We suggest talking to a doctor about your individual risk factors including previous surgical and hormone treatment.</p>
	<p>If you were assigned male at birth and have taken gender-affirming hormones (like oestrogen) for 5 years or more, screening every 2 years may be of benefit.</p> <p>If you have taken gender-affirming hormones for less than 5 years, or have never taken gender-affirming hormones, screening is not recommended.</p>

Where can I have a screen?

You can attend any of our clinics across Victoria. All our clinics provide LGBTIQ+ inclusive services for trans and gender diverse people.

How do I book an appointment?

You can book at breastscreen.org.au or call [13 20 50](tel:132050).

Our program



Is free



Is with a woman radiographer



Takes about 10 minutes

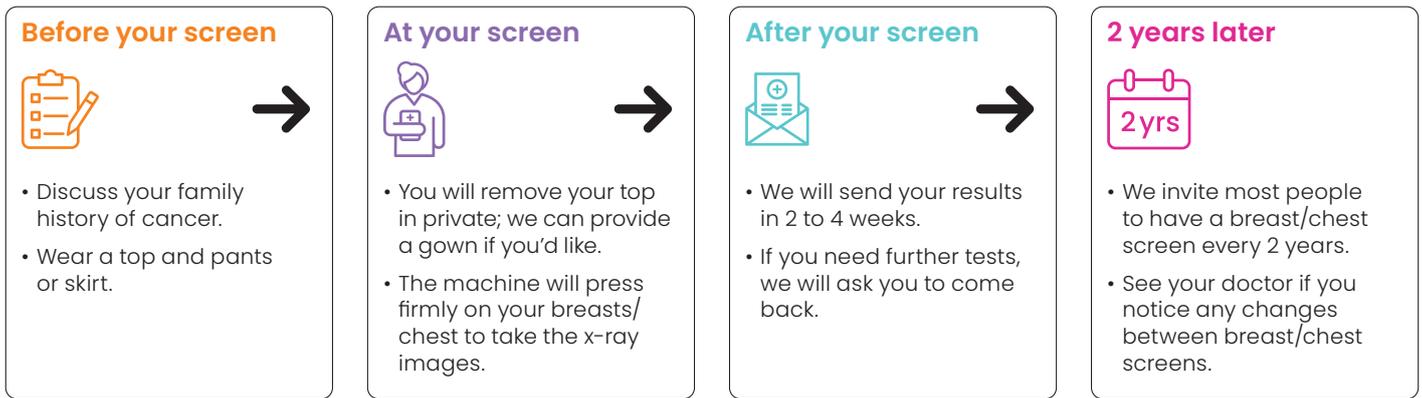


Does not require a Medicare card or doctor's referral



Is available across Victoria

What to expect?



We ask every person who books an appointment if they have breast implants. This is because we need to allow for a longer appointment time. We also ask everyone if they have had top surgery or are taking hormone therapy. We ask these questions because they may affect the appearance of your screening images.

You are not required to answer any questions regarding gender identity or sexual orientation, but you have the opportunity to provide your pronouns and preferred name when booking an appointment. This information is visible to receptionists and radiographers when attending your appointment.

What will happen at my appointment?

You will be welcomed by a member of our team who will explain the breast/chest screening process. A woman radiographer will then take you into the mammography room. We can provide a gown if you'd like. When you are ready, the radiographer will take at least two x-ray images of each side. The process will take about 10 minutes. You are welcome to bring someone to your appointment for support.

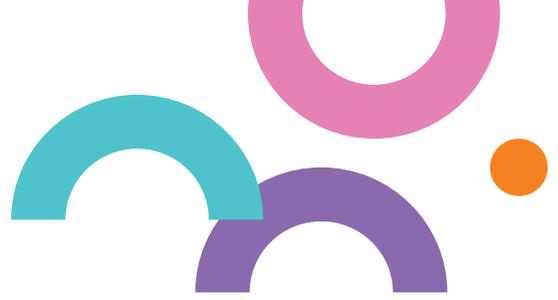
What if I have breast implants?

Most people with implants can have breast/chest screens. We will not advise you about problems with your implants. If you notice an issue or are concerned about your implants, please see your doctor as soon as possible.

More information about screening with breast implants is available in our resource [Breast screening with implants](#) that can be found on breastscreen.org.au.

What if I notice changes to my breasts/chest?

Breast cancer can develop at any time. Even if you have a breast/chest screen every 2 years, it is important to get to know the normal look and feel of your breasts/chest. If you notice any unusual changes, at any age, such as a new lump, nipple discharge, redness or pain, see a doctor as soon as possible.



This resource was developed with help from:



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.