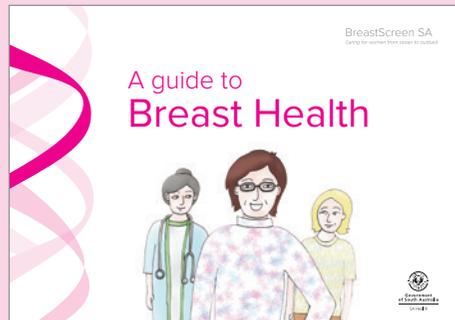


A guide to Breast Health support booklet

Breast cancer is one of the most common cancers diagnosed in Australian women; one in 10 will develop breast cancer before the age of 75. Thankfully there has been a steady reduction in breast cancer mortality in recent years thanks to improved treatments, education and early detection through breast cancer screening.

A guide to Breast Health is a pictorial resource booklet that has been adapted from BreastScreen WA. It assists those women with low literacy, sight impairment, intellectual disability and their families and carers to be aware of the importance of breast health and regular breast screening.

It is a free resource.



The booklet covers the areas of:

- > breast awareness
- > clinical breast examination
- > mammography screening
- > information for families and carers.

Where do I go for help?

BreastScreen SA

- > Screening mammography
- > Call 13 20 50
email BSSAenquiries@health.sa.gov.au
or www.breastscreen.sa.gov.au

General practitioner/doctor

- > Information, clinical breast examinations and referrals

Shine SA

- > Female doctors, confidential breast checks and referrals
- > Call 1300 883 793 or www.shinesa.org.au

Women's Health Service

- > Clinical breast examinations, breast awareness education and referrals
- > Call 8444 0700 or www.whs.sa.gov.au

Department for Communities and Social Inclusion – Disability Services

- > Call 8272 1988 or
www.dcsi.sa.gov.au/disability-services

Cancer Council SA

- > Cancer information, resources, support and phone counselling
- > Call 13 11 20 (Cancer Helpline) or
www.cancersa.org.au

If you do not speak English, request an interpreter from SA Health and the Department will make every effort to provide you with an interpreter in your language.



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A guide to Breast Health



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Breast awareness

Being 'breast aware' is taking notice of the usual look and feel of your breasts and the normal changes that may occur from month-to-month and as women age. Knowing what is normal for your breasts makes it easier to detect any unusual changes. The earlier a problem is detected the sooner it can be investigated and treated. While most breast changes are not due to breast cancer, they should always be investigated by your doctor as soon as possible.

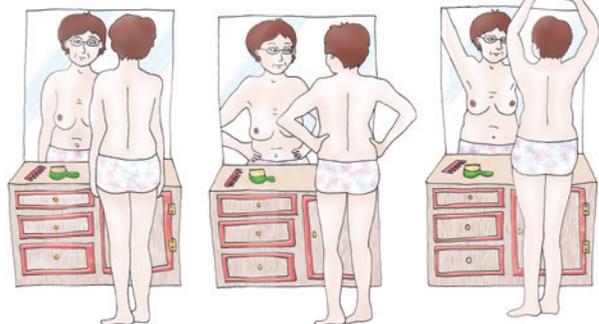
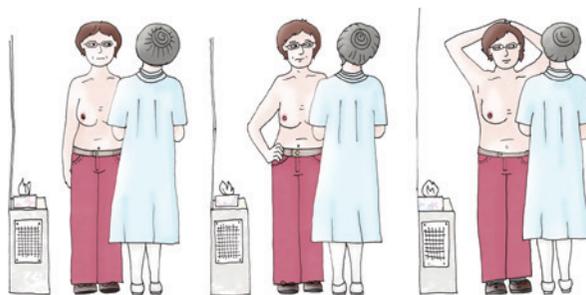


Clinical breast examination

Clinical breast examination is the examination of the breasts by a trained health professional (often a doctor). When women are having breast examinations they will be asked to:

- > remove their top and bra
- > sit upright and place their arms by their side, on their hips and on their head
- > lie down placing their arm behind their head.

The doctor will look and feel the woman's breasts to find any abnormalities. To maintain privacy a sheet may be placed over the chest during the examination.



Screening mammograms

A mammogram is an X-ray picture of the breast tissue that can show a small breast cancer before it can be felt.

For most women a mammogram is recommended every two years from the age of 50.

The woman having the mammogram has to be carefully positioned on the X-ray machine and must be able to hold the position for 10 seconds. To optimise the quality of the image and to minimise the radiation dose, the breast must be pressed between two plates. This may be uncomfortable, but it is only for 10 seconds while the X-ray image is taken. Usually two X-rays are taken of each breast – one from the side and one from the top.



BreastScreen SA provides free screening mammograms to women 40 years or over with no symptoms. The program specifically targets women aged 50 to 74 years.

To make an appointment, please phone 13 20 50. Women are welcome to request a chaperone or bring a friend to their appointment.