

# BreastScreen SA

## Mobile Screening Unit

*Caring for women from ocean to outback*

Call 13 20 50



The BreastScreen SA Mobile Screening Unit is visiting

## Gawler, mid January to mid April 2019

We're inviting all women aged 50 to 74 years to come along and see us for their two-yearly screening mammogram (breast X-ray).

- > It's **FREE**
- > It's quick – it only takes 15 minutes
- > You can make a booking with a friend, family member or group
- > It's the best way of detecting breast cancer early (before symptoms start to show), giving you a greater chance of successful treatment

Call us on **13 20 50** to make your appointment or to find out more.

You'll find us:

In the Gawler Sport and Community Centre car park  
1 Nixon Terrace, Gawler

# Breast screening is highly effective

- > Detects breast cancer early
- > Improves survival
- > Increases treatment options with better quality of life

Call 13 20 50 to book your free breast screen.

[sahealth.sa.gov.au/breastscreen](http://sahealth.sa.gov.au/breastscreen)



Government of South Australia  
SA Health



# Reducing your risk of breast cancer



**Physical exercise** reduces breast cancer risk. Even 1.5–2.5 hours of exercise per week is associated with an 18% risk reduction. This benefit is independent of weight.



Maintaining a **healthy weight**, particularly after the menopause, is important in reducing the risk of breast cancer. Excess fat increases oestrogen levels in the body, which increase breast cancer risk.



Eating a **healthy diet** and particularly avoiding a high calorie diet, may be protective against breast cancer.



The use of **alcohol** is clearly linked with breast cancer risk. Alcohol avoidance is the safest option. Women who drink 2–5 alcoholic drinks daily have a 1.5 times increased risk compared to non-drinkers.



A link between **smoking** and breast cancer is emerging. At present the evidence is suggestive but not yet conclusive.



So if you are a woman over 40, it is best to check your breasts with a free breast screen every two years.

**To make an appointment  
for your free breast  
screen, you or your  
Health Worker can call  
BreastScreen SA on  
13 20 50 or visit:**

[www.breastscreen.sa.gov.au](http://www.breastscreen.sa.gov.au)

Artwork by Indigenous Artist Audrey Brumby. The artwork represents the BreastScreen SA pathway showing most women that are screened are OK and only a small proportion of women will require treatment.

**You can go to a screening clinic of your choice. There are seven in Adelaide at:**

**Arndale**

Armada Arndale, facing Hanson Road, Kilkeny

**Christies Beach**

Unit 2, 107-109 Dyson Road, Christies Beach

**David Jones Rose Clinic**

Located in David Jones Adelaide Store, Lower Ground Floor, Adelaide Central Plaza, 100 Rundle Mall, Adelaide

**Elizabeth**

Elizabeth GP Plus, 16 Playford Boulevard, Elizabeth

**Frome Road**

Bonython Jubilee Building, Grounds of University SA, enter via gates 4 or 5, Adelaide

**Hyde Park**

292-294 Unley Road, Hyde Park

**Marion**

Marion Medical Centre, 199 Sturt Road, Seacombe Gardens

The three mobile screening units go to country regions and some areas in Adelaide. Contact your Health Worker or visit [www.breastscreen.sa.gov.au](http://www.breastscreen.sa.gov.au) to find out where the mobile screening units are during the year.

**For more information**

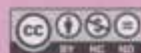
BreastScreen SA

SA Health

Telephone: 13 20 50

[www.breastscreen.sa.gov.au](http://www.breastscreen.sa.gov.au)

[BSSAenquiries@health.sa.gov.au](mailto:BSSAenquiries@health.sa.gov.au)



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September 2017



**Free breast cancer screening**

**Have a free  
breast screen  
every 2 years**

**BreastScreen SA**

*Caring for women from ocean  
to outback*





**Looking after the health of your breasts is important. Even if you can't see or feel anything different, you still need to check they are healthy**

For women over 40 the best way to do this is by having a breast screen (breast X-ray) every two years.

A breast screen looks inside your breasts.



Most of the time, everything is OK. But sometimes a breast screen can show breast cancer when it is still very small, even before you can feel it.

Cancer can grow. It can also spread through your body. It can make you sick.

While breast screens are not 100% accurate, they are the best way to find cancer early before it gets too big or spreads.



You can come to a BreastScreen SA clinic on your own or with other women and you can wait together.



At the clinic there will be a female radiographer. After you take off your top, she will take X-rays of both your breasts. She needs to press each breast in the X-ray machine to get the best picture. Some women may find this uncomfortable, but it only lasts for a few seconds.



After your visit to the clinic, your images are sent to the State Coordination Unit in Adelaide for checking. If more checks are needed, BreastScreen SA will contact you, your doctor or Health Worker.

Most women have no problems and receive a letter saying there were no signs of breast cancer.

**If breast cancer is found at an early stage, there is a greater chance of saving a woman's life.**

## Practical tips to make your visit easier and more comfortable

- > Please don't wear talcum powder or deodorant on the day of your appointment as it may affect your breast screen.
- > Wear a two-piece outfit as you will be required to remove your bra and top during the breast screen.
- > Please read, complete and sign the *Personal Questionnaire and Consent for Screening* form and bring it with you to the clinic.
- > Please arrive 10 minutes early to your appointment time so we can process your paperwork.
- > If you have had a mammogram elsewhere in the past five years, please bring any available X-rays with you.

**An appointment takes as little as 15 minutes**

## After your breast screen

- > Please be available for six weeks following your breast screen in case further tests are needed.
- > All women should be breast aware. If you notice a change in your breasts, such as a lump or nipple discharge, you should see your doctor as soon as possible for further investigation.
- > You should have a breast screen every two years to detect breast changes that are too small to feel.

**How to make an appointment  
Call 13 20 50**

**A doctor's referral is not needed. Free interpreter services and wheelchair access are available.**

BreastScreen SA clinics are located at:

### **Arndale**

Armada Arndale, facing Hanson Road, Kilkenny

### **Christies Beach**

Unit 2, 107-109 Dyson Road,  
Christies Beach

### **David Jones Rose Clinic**

Located in David Jones Adelaide Store  
Lower Ground Floor, Adelaide Central Plaza  
100 Rundle Mall, Adelaide

### **Elizabeth**

Elizabeth GP Plus, 16 Playford Boulevard,  
Elizabeth

### **Frome Road**

Bonython Jubilee Building, Grounds of  
University SA, enter via gates 4 or 5

### **Hyde Park**

292-294 Unley Road, Hyde Park

### **Marion**

Marion Medical Centre, 199 Sturt Road,  
Seacombe Gardens

Our three **mobile screening units** visit 27 rural and remote regions, and some metropolitan areas, every two years.

## For more information

**BreastScreen SA**

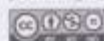
**SA Health**

**Telephone: 13 20 50**

**[www.sahealth.sa.gov.au/breastscreen](http://www.sahealth.sa.gov.au/breastscreen)**

**[BSSAenquiries@health.sa.gov.au](mailto:BSSAenquiries@health.sa.gov.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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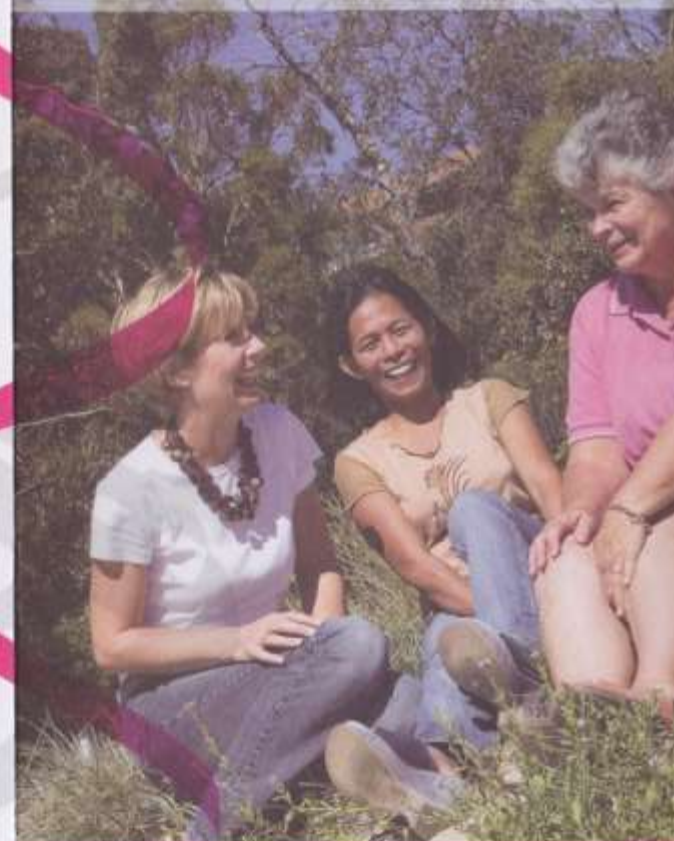


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**BreastScreen SA**

*Caring for women from ocean to outback*



**Do you know about  
free screening for  
breast cancer?**



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SA Health



## Who is BreastScreen SA?

BreastScreen SA (BSSA) provides free screening mammograms (breast X-rays) every two years, primarily for women aged 50 to 74, with the aim of reducing deaths from breast cancer through early detection of the disease.

It is the accredited South Australian (SA) component of BreastScreen Australia, the national breast cancer screening program for women without breast cancer symptoms.

Breast cancer is one of the most common causes of cancer deaths in women and increases in frequency with age.

**If breast cancer is found at an early stage, there is a greater chance of successful treatment**

## What is a breast screen?

Breast screening is the process of looking for disease in healthy women who have **no symptoms or concerns** with their breasts. A breast screen can detect most breast cancers, including those too small to be felt.

While regular breast screens are currently the most effective tool for early detection, they do not cure cancer or prevent breast cancer from developing in the future. Like many tests, they are not 100% accurate, meaning that in a small number of women not all breast cancers will be found.

If you become aware of a change in your breasts, such as a lump or nipple discharge, you should contact your doctor as soon as possible.

**Breast screening is not suitable for the investigation of breast lumps and other changes as more detailed tests are needed**

**75% of all breast cancers in Australia are diagnosed in women over the age of 50**

## Who is eligible for breast screening?

Screening is recommended for all women aged 50 to 74 **without** breast symptoms. If you are a woman in this age group, having a breast screen every two years has been found to reduce your chance of dying from breast cancer by up to 40%.

Research is less clear about the benefits of breast screening for women aged 40 to 49 and over 75, however if you are in one of these age groups you are still eligible for breast screening.

Women under 40 are not eligible for screening at BSSA, as there is no evidence that screening in this age group reduces the number of deaths from breast cancer. The breast tissue of younger women may be dense, making breast screen images difficult to read, and small changes may not be readily detected.

While breast cancer can occur at any age, it is much less frequent in women under the age of 40.

**9 out of 10 women diagnosed with breast cancer have no family history of the disease**

## What about family history?

Women from the age of 40 with a strong family history of breast cancer are eligible for a breast screen every year.

For recommendations on screening for different age groups and for strong family history information, see our brochure, *At what age should a woman be screened for breast cancer?*

**One in 10 SA women will be diagnosed with breast cancer before the age of 75 years**

## How does a breast screen feel?

During a breast screen, each breast is firmly pressed for about 10 to 15 seconds in a specially designed X-ray machine. Most women find this compression causes only brief discomfort. It is necessary for taking the best possible picture of the breast tissue, and reduces the already very small amount of radiation used. The procedure does not cause cancer.

## What about my results?

Your breast screen is read independently by two specialist doctors, and your results are usually posted within 14 days. Results are also posted to your nominated doctor.

If you do not receive your results within 21 days, please contact BSSA.

As this test looks only for breast cancer, BSSA does not report on any benign (non-cancerous) breast changes.

## Will I need a second check?

While most women are reassured that their breast screen shows no signs of breast cancer, around 5% of screened women are called back for further assessment. Located at our Assessment Clinic in Adelaide, this free service includes additional tests, such as further breast X-rays, an ultrasound and a breast examination.

The majority of women called back for assessment are reassured that they do not have breast cancer.