

See a doctor if you notice any unusual changes in your breast

Most breast changes are not caused by breast cancer. However, it is always important to see your doctor straight away if you notice any changes, no matter how old you are. Don't delay if you notice any symptoms.

Your doctor will examine your breasts and ask about your medical history. They may arrange different tests to find out what caused the breast to change. You may be referred to have a mammogram, ultrasound, MRI or biopsy. Biopsies involve taking a small sample of tissue from the breast so it can be tested.

Talk with your doctor about the tests and ask questions if you don't understand something.

Call **Cancer Connect** on **13 11 20** to talk with a qualified professional, Monday to Friday 9.00 am – 5.00 pm to discuss breast awareness further.

Useful websites

- canceraustralia.gov.au
- cancersa.org.au
- breastscreen.sa.gov.au
- breastcancerriskfactors.gov.au

Screening mammograms at BreastScreen SA

BreastScreen SA is an accredited breast cancer screening program. This free government service provides breast screens, primarily to women aged 50–74, and women from age 40 and over 74 can attend. The aim is to reduce the number of deaths from breast cancer through early detection.

Screening mammograms look for early breast cancers in women without any symptoms. If you have any symptoms, speak with your doctor.

Although not all breast cancers are found through screening, having a breast screen every two years is the best way to detect breast cancer early. This increases the chance of successful treatment.

Call **BreastScreen SA** on **13 20 50** for an appointment. For further information, visit breastscreen.sa.gov.au

Remember, be breast aware

- Get to know what your breasts normally look and feel like.
- See a doctor straight away if you notice any unusual changes.
- Book a free mammogram with BreastScreen SA every two years from age 40.

For more information on breast awareness or breast cancer, call **Cancer Connect** on **13 11 20** or visit our website cancersa.org.au



For confidential information and support about cancer, Monday to Friday 9.00 am – 5.00 pm:

- call Cancer Connect on **13 11 20**
- email askanurse@cancersa.org.au

Free translating service is available on **131 450**

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Breast awareness

Get to know what is normal for you



Be breast aware

Being aware of changes in your breasts and learning how your breasts feel at different times will help you to understand what is normal for you. If you are familiar with your breasts, you are more likely to notice any changes. The risk of breast cancer increases with age, so it becomes more important to know your breasts as you get older.

Get to know your breasts

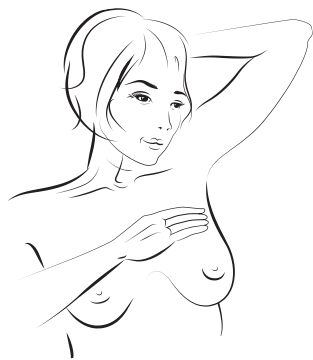
There is no right or wrong way to feel your breasts. You may find a way that works better for you.

Look in the mirror with hands on hips. Raise your arms above your head, then lower them and look to see if there are any changes in the appearance of your breasts.

Feel them while you're in the shower or bath, lying in bed or getting dressed. Remember to feel all the breast tissue, from the collarbone to below the bra line and under the armpit. It should only take a few minutes.

Knowing what is normal for you will help you to detect any new breast changes.

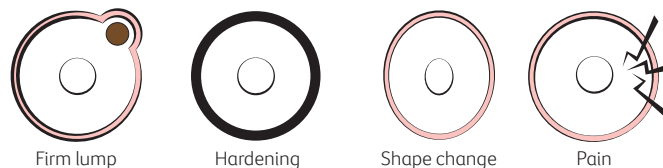
If you have periods, expect your breasts to feel different at different times of the month. It may be normal for your breasts to be painful, lumpier or swollen just before your period and softer after your period. Check your breasts at the end of your period or, if you don't have periods, choose a regular time to check your breasts such as the first or last day of the month.



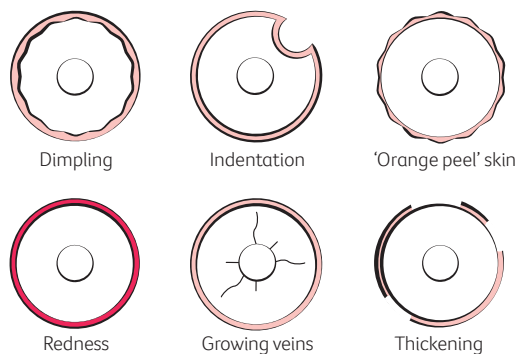
Changes to look for

See a doctor immediately if you see or feel any changes, especially if changes are only in one breast. Some changes to look out for are:

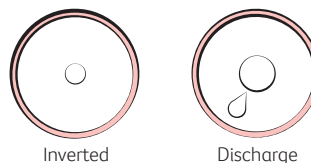
Shape and feel



Skin changes



Nipple changes



Breast screening

A breast screen (also called a screening mammogram) is an X-ray that can find breast cancer early, often before it can be felt. Doing a breast screen every two years from age 40 is an effective way of finding breast cancer in people without symptoms.

Family history

A strong family history may mean you are eligible for yearly screening. Visit canceraustralia.gov.au and search 'family history and genetics' for more information.

Breast density

Breast density is measured during a breast screen and is something you can't judge by how your breasts look or feel. Dense breasts can make cancer harder to spot on a mammogram and may slightly increase your risk of breast cancer. You may benefit from additional screening depending on other risk factors.

Gender diversity

If you're trans or gender diverse, screening may be of benefit, depending on your anatomy, medical history and personal risk.

Breast cancer in men

Breast cancer can affect anyone with breast tissue, including men. In men, most breast tissue sits behind the nipple and the symptoms to watch for are the same as those previously listed. Breast cancer in men is rare, but age, medical history, family history, and lifestyle can all increase the risk. There is no screening program for breast cancer in men, so it's important to see your doctor if you notice any changes.

Not sure what's right for you?

Your GP or BreastScreen SA can talk through your personal screening needs and answer questions you have.