

Your Guide to Breast Health



Your Guide to Breast Health

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An electronic version of this document is available at www.breastscreen.qld.gov.au

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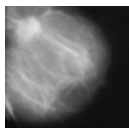
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- Your family is important to you. Looking after your health is important too.
- Breast cancer is an important health issue for women in Australia.
- It is the most common cancer diagnosed for women in Australia.
- All women are at risk of getting breast cancer.
- BreastScreen Queensland encourages every woman aged 50—74 to have a breast screen **every two years**.
- A breast screen at any BreastScreen Queensland service is free.
- You do not need a referral from your doctor to have a breast screen.
- The radiographers that work at BreastScreen Queensland are all women.



PLEASE NOTE:

There are important medical pictures in this book that will help you to learn about having a breast screen and how to look after your breasts.

Ways to keep healthy



No one wants to be sick so it is important that we look after our health.

Ways to keep healthy:

- Eating healthy food
- Try to exercise at least 30 minutes every day
- A good nights sleep is important
- Drink at least 8 cups of water each day
- Go to your doctor for a check up—have some tests if needed
- Do not smoke
- Don't drink too much alcohol
- Stay a healthy body weight



Get to know your body

Check your body for any lumps, bruises or rashes. A good time to do this is when you are having a shower.

If you see or feel anything that is not *normal* for you see your doctor.



The doctor may do some tests to see if everything in your body is healthy.

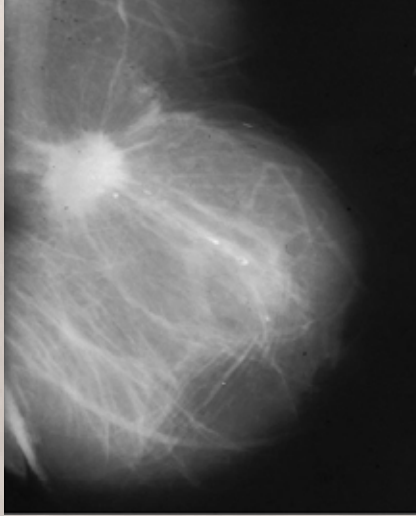
BreastScreen Queensland

can provide Free educational talks
for community groups

...Also longer
appointment times
if needed

...and you don't
need a referral from
your GP...





What is cancer?

What is cancer?

There are things that can go wrong in your body – cancer is one of them.

The body is made up of many very small cells.

We need healthy cells so our body can work well.

Sometimes healthy cells can change and become **sick**.

Cancer is a disease of cells within our body.



Cancer can make the body very sick.

This is an X-ray of a breast.



A special X-ray of the breast can show a breast cancer **before** it makes you sick.

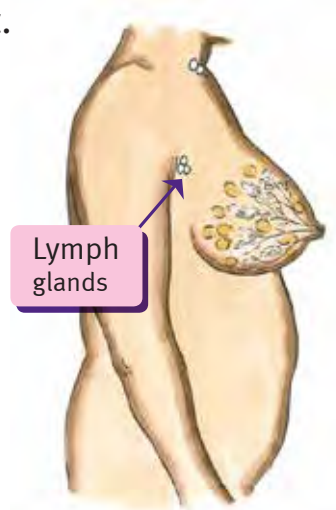
Cancer cells can grow in different parts of the body.

Cancer cells can grow in a woman's breast.

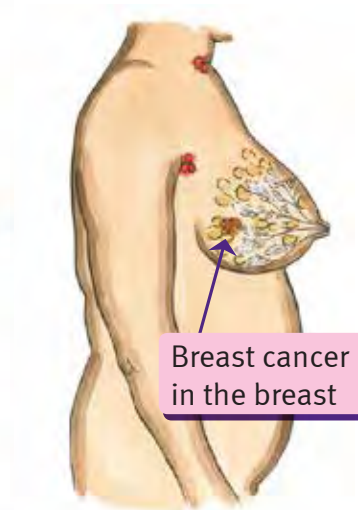
This is called breast cancer.

These cancer cells need to be removed so the cancer does not grow and travel to other parts of the body.

If the breast cancer is found early it is easier to treat.



Healthy breast



Breast cancer cells in the breast

- Most breast cancers are found in women who are over the age of 50.
- Women who have breast cancer have not done anything wrong or bad.
- Some men can get breast cancer too but this is very rare.

Breast Cancer – the facts

We do not know what causes breast cancer.

We do know that most breast cancers are found in women aged 50 and older.

The two main risk factors for developing breast cancer are:

Being a woman and getting older.

Talk to your doctor if anyone in your family has had breast cancer.

There are many stories that are not true about what causes breast cancer.

Some of these stories are:

- Wearing a bra
- Visiting someone with cancer
- Bumping the breast
- Having a stressful life
- Talking about breast cancer

These do NOT cause breast cancer.





Getting to know your breasts

Getting to know your breasts

Your breasts started to grow when you were young so you are the best person to know how your breasts should look and feel.

To make sure that your breasts stay healthy you need to check them every month.

If you still have a monthly period, a good time to check is 2-3 days after your period.



If you find changes you need to see a doctor.

The doctor will tell you what to do next.

How to check your breasts

There is no special way to check your breasts and it does not take long. Make sure you are relaxed and in a comfortable place like your bedroom or bathroom.

Have my breasts changed in size or shape?

Can I feel any swelling in my breasts?



A change in size or shape of the breast



Do I have a rash or itchy skin on the breast?

Does the skin look dimpled like orange peel?

A change in the way the skin on the breast looks, such as dimpling like an orange skin

Can I feel any swelling under my arms?

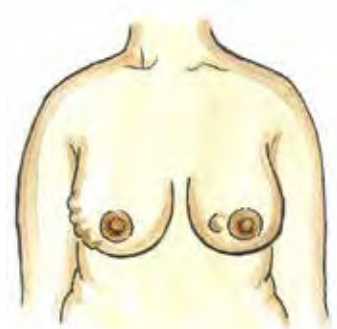
Do I feel pain in my breast or under my arms?



Pain in your breast or armpit

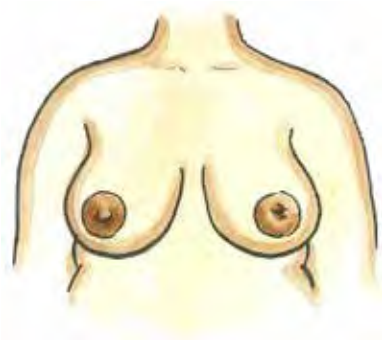
Can I feel any lumps in my breast?

(A lump may feel like a small bead or grape under your skin.)



A lump or thickening in the breast that feels different from the rest of your breast

Have my nipples changed in any way?



Are the nipples pulling inside of the breast?



Is there redness or a rash on the skin or on the nipple?



Is there liquid that comes from your nipple without squeezing?

If you find any changes in your breasts – see your doctor.

3 ways to check your breasts.

1. Look at your breasts.

Get to know your breasts. A good time to look at your breasts is in the mirror after a bath or a shower.



2. Check your breasts when you are in the shower or bath.

Using your hand press down gently all over each breast.

Make sure you feel the area all the way up to the neck and collarbone and also under the armpit.

3. Check your breasts while in bed

Check your breasts while lying down. Lie flat on your back, with one arm under your head. This flattens your breast and makes it easier to feel for changes. Using your other hand press down gently all over each breast. Then change hands and feel your other breast.



Remember!

Getting to know what **your** breasts look and feel like is important.

Regular breast checks are about looking after your **body**.

If you feel or see any change in your breasts see your doctor.

It is important that every woman from the age of 50 has a breast screen **every two years**.





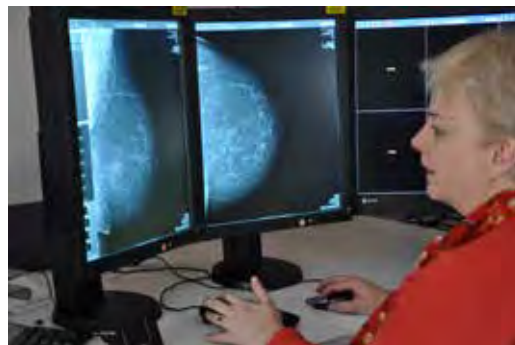
Making your appointment

What is a breast screen?

A breast screen is a special X-ray of the breast that can show very small breast changes which may be cancer.

Often these cancers are too small to be seen or felt. This special X-ray of the breast is sometimes called a mammogram.

It is important to find breast cancer when it is small so that it can be successfully treated.



Who can make an appointment?

All women aged 40 years and over can make an appointment for a free breast screen.

It is most important that all women aged 50 and over have a breast screen every two years.



Under 40

NO



50 and over

YES

Making an appointment

You need to make an appointment to come to a BreastScreen Queensland clinic.

You or your doctor can :

- **call 13 20 50** to make an appointment or
- you can book online—go to the BreastScreen Queensland website www.breastscreen.qld.gov.au



- If you need help in your language, please call the Translating and Interpreting Service (TIS) 131 450.
- If you need an **interpreter** please tell the BreastScreen staff when you are making your appointment.
- The interpreter will help you to understand what happens when you attend for your breast screen.



Your appointment

Once you have made an appointment you will get a letter from BreastScreen Queensland.

This letter will tell you when and where to come for your breast screen.



Consent Form

A special consent form will be sent to you with your appointment letter.

You will need to sign this consent form before you have your breast screen.

This form means that you agree to have this special X-ray.

This consent form is available in other languages - please ask if we have this form in your language.

There are questions on the back of this form. You can complete this at home.
You must bring this form with you when you go for your appointment.
If you need to change your appointment ring BreastScreen Queensland on **13 20 50**.



No money needed

Remember, all services at BreastScreen Queensland are FREE.
You do not need a doctor's letter.

Getting ready for your breast screen

- If you need an interpreter please tell the staff when you make your appointment.
- You can bring a friend or family member with you to the appointment.
- Bring the BreastScreen consent form to your appointment.
- You will be asked to sign this form at reception.
- If you know your doctor's name and address, bring these details with you.



If you have any questions or you are feeling nervous, tell the staff at BreastScreen Queensland – they will take the time to make sure you are happy with everything.



Having your
breast screen

What to do on your appointment day

- Have a shower

Do NOT use:

- Deodorant
- Perfume or body lotions
- Talcum powder



What you should wear to your appointment

To make things easier for your appointment, this is what you should wear:

- A skirt or pants with a top.



Arriving for your appointment



In Brisbane and Queensland there are many BreastScreen Queensland Services. When you make your appointment, you can ask where the nearest service to your home or your workplace is.

You are welcome to bring
someone with you if you like.



- Give your consent form to the receptionist.
- She will check your details such as your name, your address and your date of birth.
- She will ask you to sign the consent form.



If you do not understand something ask a staff member (or your interpreter) to explain it to you.



After the forms are filled in you will go to the waiting room.

When it is your turn, the person who will do your breast screen will call your name and ask you to come with her.

The person who will be doing your breast screen is called a radiographer.



All the radiographers at BreastScreen Queensland are women.

Before your breast screen

You will go with the radiographer into a private room where the breast screen is done.

This is the machine that will take an X-ray of your breast.



The radiographer will tell you what she is going to do and what happens during a breast screen.

If you have any questions ask the radiographer or ask your interpreter to explain.

The radiographer will ask you to take off your shirt and bra for the breast screen.



Having your breast screen

After you have removed your shirt and bra the radiographer will ask you to stand next to the X-ray machine.

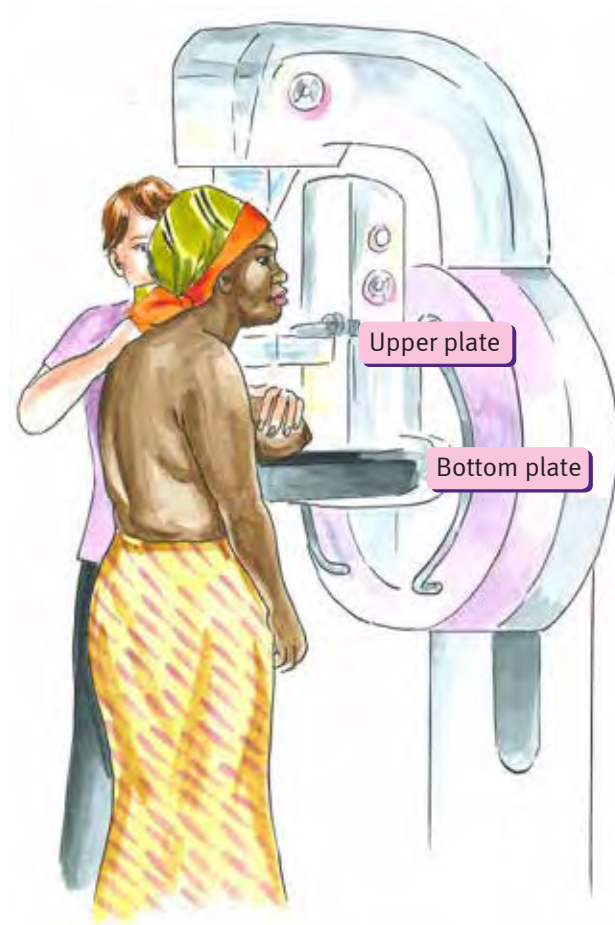
If you feel shy or worried tell the radiographer— she will understand and she will help you to relax.

The radiographer will need to touch your breast. She will help to put your breast onto the machine.

The upper plate will be lowered on to your breast.

Be very still.

If you move, it will spoil the X-ray and it will have to be done again.

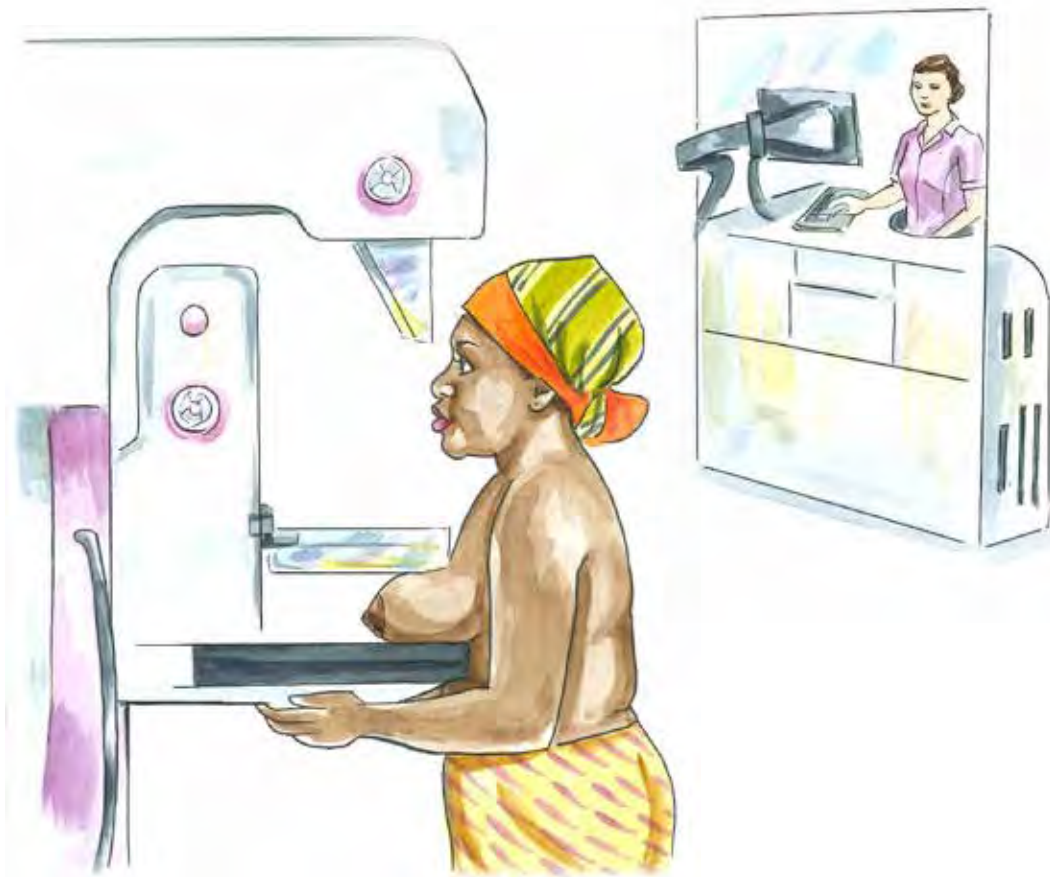


Your breast will be pressed for about 15 seconds.

This might feel a little uncomfortable but if you feel any pain tell the radiographer.

The radiographer will need to take two X-rays of each breast.

The radiographer will then do the same procedure for your other breast.



After the X-rays have been done you can get dressed and go home.







A woman with dark, curly hair is looking down at a white piece of paper she is holding. She is wearing a patterned, textured top. The background is a lush green garden with various plants and trees. The text "Getting your results" is overlaid in the center of the image.

Getting your results

Getting your results

The doctors will look at your X-rays for any changes or signs of breast cancer.

If the X-rays of your breast are good and the doctors see no breast changes or breast cancer you will get a letter from BreastScreen Queensland.

This letter will tell you that your breasts are healthy.



When do you need to come back for your next breast screen?

Most women will need to have a breast screen **every 2 years**.

You will be sent a letter in 2 years time to tell you when to have your next breast screen.

If further tests are needed

It does not mean you have breast cancer.

There are many reasons why you may need more tests.

These further tests are needed to check whether any changes seen on your X-ray are normal or are due to cancer.

If more tests are needed, a doctor or nurse will phone you to make another appointment.

You can bring a friend or family member to this appointment for support.

If a cancer is found in your breast, the nurses and doctors at the BreastScreen Queensland Service will make an appointment for you to have further treatment.





Here are some important things to remember!

Get to know your breasts and check them regularly.

See your doctor if you find any changes in your breasts.



From the age of 50 it is very important that you have a breast screen **every two years**.

Women from the age of 40 can also have a free breast screen.



Don't be afraid – having a breast screen is easy and all the radiographers at BreastScreen Queensland are women.



If breast cancer is found early when it is small it can be easier to treat.

You can ask to have an interpreter. Just tell the BreastScreen staff if you need one and they can arrange it.



Phone 13 20 50 or go to www.breastscreen.qld.gov.au to book your appointment online.

Information for health professionals, family members, friends and multicultural workers

Thank you for reading this guide. As a health professional, family member, friend or multicultural worker, you are trusted by women in the community to help them make the right decisions about breast screening.

Breast cancer is the most common cancer diagnosed in Australian women. About 1 in 8 women will develop breast cancer in their lifetime. It is more common in women aged 50 and over.

How to use this book

This book can be used in a variety of ways depending on the woman's individual needs. We have found the most effective way to use this book is in a group learning environment'

Other ways to use the book could include: -

- read by a woman by herself
- read together with a woman to answer questions and discuss pictures
- read out loud to a woman, explaining the text and pictures
- used in a group learning session
- used as a reference book for the multicultural agency
- used by BreastScreen Queensland staff to explain the procedures / assist in the consent process

This booklet "Your Guide to Breast Health" has been developed for women from culturally and linguistically diverse (CALD) backgrounds and newly arrived women to Australia and aims to help women understand breast cancer screening.

It has been developed with the assistance from CALD women in the community from various feedback sessions and activities held in the planning stages. It is hoped that this booklet will encourage women to join the free BreastScreen Queensland Program.

Thank you!

This book has been developed with funding from the Metro North Hospital and Health Service SEED Funding Grants Program and made with the help of women from culturally diverse backgrounds. We would like to acknowledge the Project Reference Group for their work and input into this Project.

The development of this book would not be possible without the contributions of the women and key stakeholders who attended the feedback sessions in 2017. We would like to thank all the members of the Project's Reference Group, and the key stakeholders and groups that have assisted in the consumer engagement process, including: Communify, MDA, ECCQ, ARMcare, Diversicare, Brisbane South PHN, The Refugee Health Network QLD and their members, Queensland Health Interpreter Services, Damini Women's group, participating CALD women's community groups and BreastScreen Queensland Health Promotion Officers. To our illustrator, Ms Julie Haysom, thank you for creating the beautiful drawings. Once again it has been an absolute pleasure working with you. Thank you to the team at Worldwide Upper Mt Gravatt for their graphic design and project assistance.

Our thanks go to the Medical Director and staff of BreastScreen Queensland Brisbane Northside Service for their support and feedback during the development of this Project.

Thank you for your support

Contact Details:

BreastScreen Queensland Brisbane Northside Service

Appointments:	13 20 50
Postal Address:	PO Box 227 Virginia Business Centre, Virginia, QLD 4014
Street Address:	534 Hamilton Road Chermside, QLD 4032
Health Promotion Enquiries:	3049 1436 or 3049 1411
Email:	Doreen.orchard@health.qld.gov.au <u>or</u> Nadja.ibrahim@health.qld.gov.au
Website:	www.breastscreen.qld.gov.au

Brisbane Northside Service Locations:

Chermside

534 Hamilton Road, Chermside

North Lakes

North Lakes Health Precinct
9 Endeavour Boulevard, North Lakes

Keperra

North West Community Health Centre
49 Corrigan Street, Keperra

David Jones Rose Clinic

Queens Plaza, Brisbane City

Kippa-Ring (Kippa-Ring Village)

Boardman Road, Kippa-Ring

Indooroopilly

Westfield Shopping Centre, Indooroopilly
Musgrave Road, Indooroopilly

The Breast Cancer Family Clinic is also available at the Chermside service for women with a strong family history of breast cancer.

Go to www.breastscreen.qld.gov.au to find out where the nearest BreastScreen Queensland Service is to your workplace or home.

Brisbane Southside Service Locations:

QEI Jubilee Hospital

Grd Floor Kessels Road, Cooper Plains

Browns Plains

Browns Plains Community Health Centre, Cnr Middle Road and Wineglass Drive Hillcrest

Coorparoo

277 Old Cleveland Rd Coorparoo

Inala

Inala Community Health Centre, 64 Wirraway Pde, Inala

Logan

Logan Central Community Health Centre
97-103 Wembley Rd, Logan Centre

Mt Gravatt

The Village Shopping Centre
1932 Logan Rd, Upper Mt Gravatt

Redlands

Redlands Community Health Services Centre
Weippin St Cleveland

Wynnum

Wynnum Community Health Services Centre
128 Whites Rd Lota

MY NOTES

My doctor's name:

My doctor's address:

My doctor's phone number:



“When you are over 40 you can have a breast screen. After 50 it is important that you have one....”

Karen group participant



“Please tell your doctor if you find any changes in your breast so they can help you ...”.

Dr Margaret Kay

General Practitioner



“As women we have the power to influence the health of our families..”

Rose

Mother and BreastScreen Queensland client

Important words

benign	A lump on the body that is not dangerous
biopsy	When the doctor takes cells from the body, looks at them under a microscope to see if they are healthy or not
breast awareness	Checking your breasts at least once a month for breast changes
breast screen	An X-ray of the breast
BreastScreen Queensland	FREE breast cancer screening service in Queensland
cancer	Cancer is a disease of cells inside our body
cells	The body is made up of lots of tiny cells. These cells help our bodies to work and stay healthy
chemotherapy	Special medicine that kills bad cancer cells in the body
clinical breast examination	An examination of the breast done by a clinical nurse
consent	Agreement to allow breast screen to be done
diagnosis	When a doctor works out what is making someone sick
lymph gland	Glands in the armpit that protect the body from infection
malignant cells	Bad cells or lumps that make you very sick
mammogram	Another word for breast screen
radiographer	A person who takes X-ray pictures of your breasts
risk factor	Something that may increase your chance of getting a disease
surgery	This is when someone has an operation to take away bad cells
symptoms	What people feel or see when our bodies are getting sick
ultrasound	A way of producing a picture inside the body using soundwaves



Phone **13 20 50** or book online www.breastscreen.qld.gov.au



If you need help in your language, please call the
Translating and Interpreting Service (TIS) 131 450

Please mention this book when you call.



Early detection could save your life.



**Queensland
Government**