

Important Carer's Information

Consent checklist

Before a woman has her breast screen written consent must be received and witnessed by a BreastScreen Queensland staff member.

There is a resource called [Wise Women—Your guide to having a breast screen](#) associated with this brochure. We recommend that this resource be read prior to any person making an appointment or visiting a BreastScreen Queensland Service.

Important information regarding consent procedures is available in the Carer's Section of this booklet at the back.

Please check with your BreastScreen Queensland Service prior to the appointment if you still have any queries.

If you would like to discuss any concerns prior to an appointment, contact BreastScreen Queensland on 13 20 50 and ask to speak to one of our specially trained nurses. The nurse will be able to advise which Service will best meet your needs. **Most of our screening and assessment services provide:**

- Group bookings
- Allocated disabled parking spaces and/or nearby drop off zones
- Wheelchair access
- Extended appointments if additional time is required
- Assistance from a clinical nurse if required
- Support from a carer if wanted

Guide and assistance dogs are also permitted to accompany women into the mammography room.

Making an appointment:

BreastScreen Queensland encourages all women 50 and over to attend for free breast cancer screening.

Women in their forties are also eligible to attend. Making an appointment is easy — just call **13 20 50** and talk to one of our friendly staff.

No doctors referral is necessary.

Please note that for the safety and comfort of the client it is preferred that a breast screen appointment is made at the:

Brisbane Northside Service — Chermside
534 Hamilton Road, Chermside.

Other Service locations are:
Keperra, North Lakes, Rose Clinic (City),
Indooroopilly and Kippa-Ring.

**Please mention this
brochure when making an
appointment and
receive your free gift.**



Contact Details:

BreastScreen Queensland
Brisbane Northside Service
534 Hamilton Road, Chermside QLD 4032

Health Promotion Enquiries:

Phone: 3049 1436 / 3049 1411
Email: Doreen.Orchard@health.qld.gov.au
Website: www.breastscreen.qld.gov.au

Illustrations by Julie Haysom. Photos produced with permission.

Wise Women

Your guide to having a breast screen



Be a Wise Woman!
**Finding breast cancer early
could save your life**



What is a breastscreen?

A breastscreen (or mammogram) is an x-ray of the breasts to look for breast cancer. By having regular breastscreens, any unhealthy changes can be found early.

What happens at a breast screening appointment?

The person who will be taking the x-ray of your breasts is called a radiographer.

You will go with the radiographer into a special room where the breastscreen is done. This is a safe room and there is no need to be scared. The radiographer will tell you what happens when having a breastscreen. If you have any questions you can ask her.

The radiographer will help you place your breast on a small 'plate' on the x-ray machine. Another plate will then be lowered on top of the breast and firm pressure applied for about 10 seconds. You will need to stand very still while the x-ray is being taken. It may feel slightly uncomfortable - like getting a blood pressure check.

A breastscreen is the best way to check to see if your breasts are healthy.



A breastscreen is like taking a special photo of the inside of your breast.

Meet Narelle

Narelle loves doing arts and crafts and fundraising for breast cancer charities.

Narelle has a message for you — from one WISE WOMAN to another



“Every two years I go to BreastScreen Queensland and have my breastscreen. This is just part of looking after my health. The staff are all ladies and they really help you to feel at ease. It is easy to do and it is free. So don't be shy or scared—if I can do it, so can you”.



What does it mean to be Breast Aware?

Being breast aware is all about getting to know your breasts—what they look like, their shape and how they feel. Everyone is different so get to know what is “normal” for you. Knowing what is normal for your breasts may help if you detect any unusual change. If you do, tell someone about it or tell your doctor.

There is no special way to check your breasts. Make sure you are in a safe and comfortable place like your bedroom or bathroom.



Here are 2 easy ways to check your breasts

1. Check your breasts in the shower

Use your hand to press down gently all over each breast.



Make sure you feel the area up by your neck and collarbone and also under the armpit.

2. Check your breasts while in bed

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



Narelle says. . .

It is important to know that not ALL lumps are bad. Finding a lump in your breast does not mean it is breast cancer. Get it checked by your doctor.

