

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

No matter how old you are, see your doctor straight away if you feel or see any changes.

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 Council 13 11 20** to talk with a cancer nurse, 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 free 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 of the disease.

Screening mammograms look for early breast cancers in women without any symptoms.

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.

For more information on breast awareness or breast cancer, call **Cancer Council 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 Council **13 11 20**
- chat online at cancersa.org.au
- email askanurse@cancersa.org.au

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

JUN 2022



Breast awareness



Get to know what is normal for you

Information and support

13 11 20

cancersa.org.au

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.

9 out of 10 breast changes are not breast cancer; however, it is always important to see your doctor immediately if you notice changes. Don't delay.



To be breast aware

1. Get to know your breasts – know how they look and feel.
2. See a doctor immediately if you see or feel any changes, like:
 - a lump, lumpiness or thickening in the breast or under arms, especially if it is only in one breast
 - changes in the skin of the breast such as dimpling, puckering or redness
 - any changes in shape or size of breasts, especially if it is only in one breast
 - changes in the nipple including discharge, crusting, redness or if the nipple has pulled in (inverted)
 - any pain, especially if it is in one breast only
 - an area that feels different from the rest of your breast.
3. Women aged 50–74 are strongly encouraged to have a breast screen (breast X-ray) at BreastScreen SA every two years. Women are able to attend this free service from age 40. Screening mammograms are currently the most effective way to detect breast cancer early before symptoms develop.
4. Talk to your doctor if you have a strong family history of breast cancer as you may be eligible for annual screening. Visit canceraustralia.gov.au for family history information.
5. If you identify as trans or gender diverse, breast screening may be of benefit. Please talk to your doctor about your individual circumstances.

Get to know your breasts

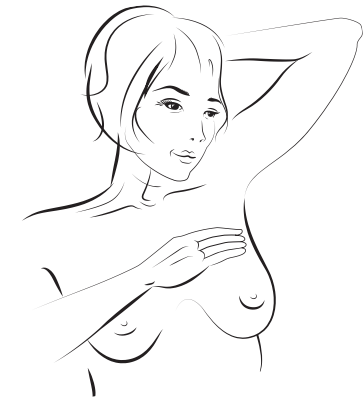
There is no right or wrong way to feel your breasts. You may find a way that works better for you.

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 are still having 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 no longer have periods, choose a regular time to check your breasts such as the first or last day of the month.



People of all ages should become familiar with their breasts, but it becomes more important as you get older as the risk of breast cancer increases with age.