

## Breast awareness for all women

Your doctor will examine your breasts and ask about your medical history. They can then arrange different tests to find out what has caused the breast change. You may be referred to have a mammogram, ultrasound or a biopsy. A biopsy involves taking cells from the breast for testing. Ask your doctor what has caused the change. If you don't understand, make sure you say so.

In most cases the breast change will not be breast cancer, but it is important to have it checked.

### Mammograms at BreastScreen WA

Screening mammograms look for early breast cancers in women without breast symptoms. This is the best way to find breast cancer early.

BreastScreen WA offer a free mammogram (breast x-ray) to screen for breast cancer. Women aged 50-69 years are invited to attend.

Women aged 40-49 and 70+ years are also eligible to attend. You will need to book an appointment.

Regular screening mammograms can reduce the number of women who die from breast cancer.

To book your appointment with BreastScreen WA phone 13 20 50 (for the cost of a local call).

For more information about the BreastScreen WA program visit:

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

## Breast awareness for all women

*Getting to know what is normal for you*



### 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.
- If you are 50-69, have a mammogram at BreastScreen WA every two years.

### For further information contact:



statewide for the cost of a local call  
Weekdays 8 am - 6 pm

### Cancer Council Western Australia

*A non-government,  
community supported organisation*

15 Bedbrook Place  
Shenton Park WA 6008

**T:** (08) 9388 4333 **F:** (08) 9388 4399

[www.cancerwa.asn.au](http://www.cancerwa.asn.au)



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 **Cancer  
Council**  
Western Australia

## Be breast aware

Our breasts change throughout our lives. Being aware of the changes 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 may be more likely to notice any unusual changes that could be a sign of breast cancer.

### To be breast aware:

1. Get to know your breasts and what's normal for you by looking at them and feeling them.
2. See a doctor if you notice any unusual changes.
3. If you are aged 50-69, have a free mammogram (breast x-ray) at BreastScreen WA every two years.

## Get to know your breasts

Get to know your breasts, and what's normal for you. What do they look and feel like?

- Look in the mirror, and feel your breasts from time to time.

- Feel them while you're in the shower or bath, lying in bed, or getting dressed. It should only take a few minutes.
- Remember to feel all the breast tissue, from the collarbone to below the bra-line, and under the armpit.
- Use the flat part of your fingers and the finger pads to feel near the surface, and deeper in the breast.

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

If you are still having your periods, expect your breasts to feel different at different times of the month. For example, it may be normal for your breasts to be painful, lumpier or swollen just before your period and softer after your period.

Women 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.

**Most breast changes are not breast cancer, however it is always important to have any changes checked out straight away by your doctor. Don't delay.**

## See your doctor if you notice any unusual breast changes

No matter how old you are, see your doctor straight away if you feel or see any of the following changes:

- A lump, lumpiness or thickening in the breast or armpit.
- Changes in the skin - dimpling, puckering or redness.
- Changes in the nipple - inversion, new nipple discharge, itchy, ulcerated skin.
- An area that feels different from the rest.
- New persistent pain.

