

Breast screening for Aboriginal and Torres Strait Islander women



**Having a regular breast screen is part of healthy living.
Screen to stay well for future generations.**

**Aboriginal and Torres Strait Islander women aged 40–74
are recommended to have a breast screen every 2 years.**



What is a breast screen?

A breast screen is an x-ray of the breast. It can find cancers as small as a grain of rice, before you notice any changes in your breasts.



Why is it important?

The best time to treat breast cancer* is when it is still very small. When breast cancer is found early, it's easier to treat and most women recover and get back to their normal lives.

It's important to get screened, even when you are healthy.



When should I go?

Every 2 years from the age of 40. You don't need a doctor's referral.



Where do I go?

Find your nearest clinic or van here:
breastscreen.nsw.gov.au

Call us or talk to your Aboriginal health worker if you would like support to book your appointment. Group bookings are available.





* Breast cancer is cancer that starts in the breast. Breast cancer occurs when abnormal cells in the breast grow in an uncontrolled way.

** Artwork, Biyani, by Jasmine Sarin. Biyani is a Dhawaral word to describe a curative operation performed by women to cure illness in other women.



An appointment
takes just
20 minutes

Your appointment

-  Wear a two-piece outfit as you'll need to remove your top and bra. Do not use deodorant, powder, or creams on your body, they can affect your x-ray.
-  A female radiographer will take you to a private room. You will have two x-rays of each breast.
-  The x-rays are quick but do press the breasts and some women find this uncomfortable. You can ask questions and stop the breast screen at any time.
-  Bring previous breast x-rays with you if your last screen was not with BreastScreen NSW.

Call us on
13 20 50
or book online at
breastscreen.nsw.gov.au

