



BreastScreen
NSW

B informed



BreastScreen
information for
women under 40

About BreastScreen NSW

BreastScreen NSW is a free breast screening program with over 200 locations in NSW.

The program is especially **recommended for women aged 50 to 74 years**. However, all women over the age of 40 are eligible for screening through the program.

Contact us

To make an appointment at a location near you **13 20 50**

To find out more

www.breastscreen.nsw.gov.au

For an interpreter's assistance

13 14 50 (TTY 13 36 77)

Find us on Facebook

facebook.com/BreastScreenNSW



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13 20 50

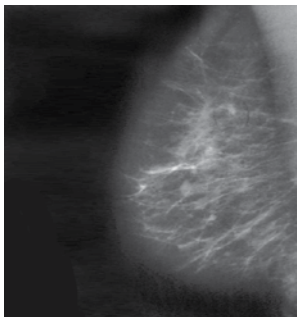
20 minutes every 2 years
could save your life

breastscreen.nsw.gov.au

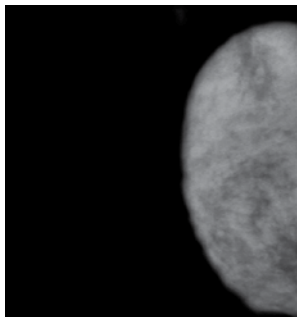
Why are women under 40 not eligible for the BreastScreen NSW program?

BreastScreen NSW mammograms (breast x-rays) are not available for women younger than 40 years because:

- Breast screening is not as effective in women under 40 due to higher breast density. This makes it harder to see small cancers on a mammogram.
- As women get older, hormone changes tend to make breast tissue less dense and this makes mammograms more effective.
- The majority of women diagnosed with breast cancer are over 50 years old.
- The risk of developing breast cancer increases with age.



Breast x-ray over 50



Breast x-ray under 40

What if I have a family history of breast cancer?

Your risk of developing breast cancer depends on different factors. If you are concerned about your family history of breast cancer you should discuss this with your doctor.

Our brochure for women with a family history of breast cancer also contains useful information.

Visit www.breastscreen.nsw.gov.au

When should I start breast screening?

All women aged 40 and over can contact BreastScreen NSW for a free mammogram.

However, research tells us that women aged 50 to 74 years benefit most from regular mammograms.



Be breast aware.

1. **Get to know your breasts** and what is normal for you. Look at your breasts in the mirror and feel your breasts regularly.
2. **If you notice any changes** in your breasts (i.e. lumps, nipple discharge or persistent new breast pain) see your doctor straight away.