

# Keep abreast of Breast Cancer

Early detection of breast cancer before it has a chance to spread increases survival and recovery from the disease.

## Being breast aware

Be breast aware. Get to know the look and feel of your breasts and what is normal as this will help you recognise any new or unusual breast changes.

Changes to look out for in your breasts

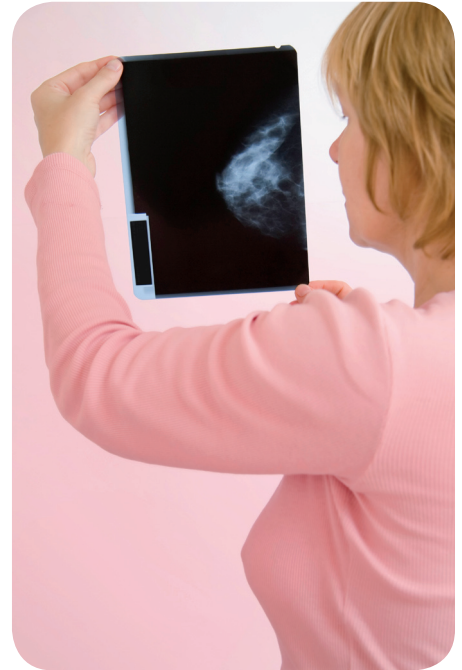
- a lump or a thickening in the breast
- a change of size or shape of the mature breast
- fluid (not milk ) discharge from the nipple
- a change of colour or texture of the nipple
- dimpling of the breast skin

## Risk Factors:

- Family history of breast cancer
- Being female
- Increasing age

## Prevention:

- Mammography (breast x-ray)- women aged 50-69 should have a mammogram every two years.
- BreastScreen NSW is government funded to provide a free screening every two years to women aged 50 -69.
- Women 40-49 and over 70 years can have a free screening mammogram on request at BreastScreen NSW.
- There are a range of Breast Screening Services available at St George Private Hospital, you will need a referral from your own doctor to access these services.
- Have a Clinical Breast Examination by your doctor or your women's health nurse once a year.
- Women with a strong family history of breast cancer should consult their doctor.



### BREAST SCREENING SERVICES AT ST GEORGE PRIVATE HOSPITAL

**Women who notice a change in their breasts should visit their GP immediately. You can be referred to St George Private Hospital for Breast Screening Services.**

For more information call 02 9598 5555 or visit [www.stgeorgeprivate.com.au](http://www.stgeorgeprivate.com.au)

