

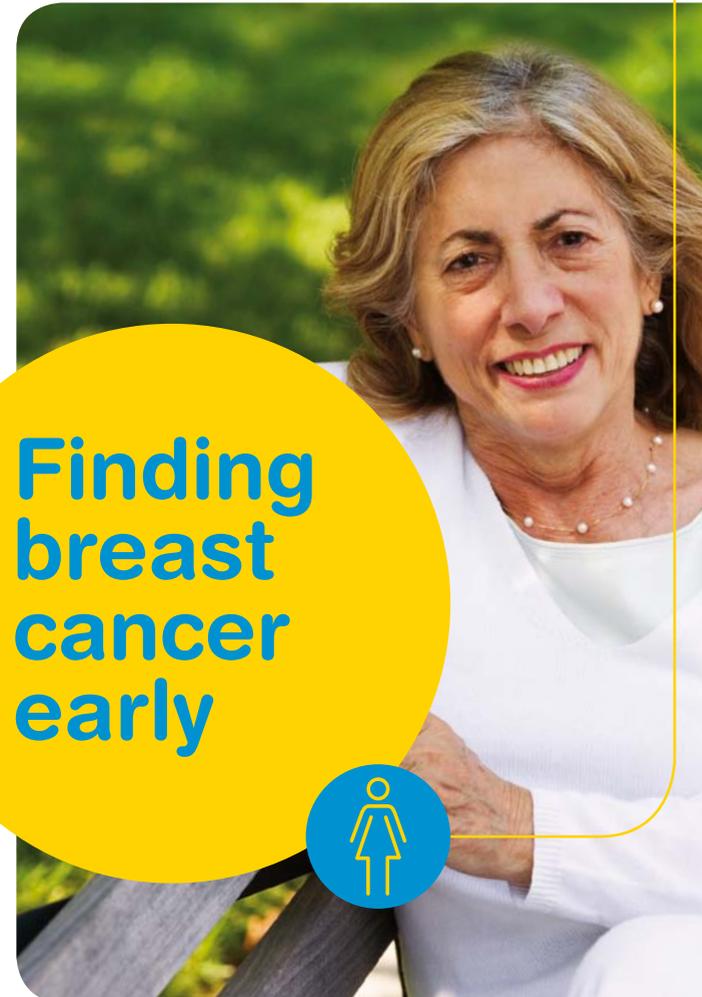


## Reduce your risk

- **Maintain a healthy body weight** – strive to keep your waistline to less than 85 cm
- **Eat well** – a healthy diet will help you maintain a healthy body weight
- **Limit your alcohol intake** – or better still, avoid it altogether
- **Keep active** – exercise for 30 to 60 minutes each day.



Every woman's guide to breast health



Finding breast cancer early



## Be breast aware

- **Get to know the normal look and feel of your breasts**
- **See your doctor if you notice any unusual changes**
- **If you are aged 50 to 74, have a free mammogram at BreastScreen every two years.**

More women survive breast cancer today thanks to early detection and better treatments.

However, it is still the most common cancer among Australian women, with about 12,000 women diagnosed each year.

## Know what's normal for you

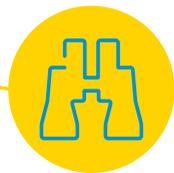
It's important to be familiar with the look and feel of your breasts and to know what's normal for you. That way you are more likely to notice any unusual changes which could be, but are not always, a sign of breast cancer.

There is no right or wrong way to examine your breasts – it's important to find a way that works for you.

### These tips may help:

- Use a mirror to get to know the usual look and shape of your breasts.
- Become familiar with how your breasts feel at different times of the month. You might find this easiest in the shower or bath, lying in bed, or getting dressed.
- Feel all the breast tissue, from the collarbone to below the bra line, and under the armpit.
- Use the pads of your fingers to feel near the surface and deeper in the breast.

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



Become familiar with the look and feel of your breasts



## Changes to look for

Many breast cancers are found by a woman or her doctor after noticing a change in the breast. See your doctor straight away if you feel or see any of the following:

- A lump, lumpiness or thickening in the breast or armpit.
- Changes in the skin – dimpling, puckering or redness.
- Changes in the nipple – pointing in rather than out (unless it has always been this way), a change in direction or an unusual discharge.
- An area that feels different from the rest.
- Unusual pain.

**Nine out of 10 breast changes are not breast cancer; however, it is important to have any changes checked out straight away by your doctor.**

## Breast cancer risk

Being a woman and getting older are the most important risk factors for breast cancer. Most breast cancers occur in women over 50 years of age. While breast cancer is less common in women younger than 40, it is important for all women to be breast aware.

**Other factors which increase your risk include:**

- having a mother, sister or daughter who have had breast or ovarian cancer, particularly before the age of 50
- if you have had breast or ovarian cancer in the past.

**You can help to reduce your risk of breast cancer by:**

- limiting or avoiding alcohol
- being physically active
- maintaining a healthy weight.

Adopting a healthy lifestyle can reduce your risk



## Breast cancer screening

**Breast screening is the best way to find breast cancer before it can be felt or symptoms develop.**

In Australia, all women aged 50 to 74 are invited to have a free screening mammogram (breast X-ray) at BreastScreen every two years. It is the best early detection tool we have for reducing deaths from breast cancer.

Screening mammograms can find most breast cancers that are present at the time of screening but like all medical screening tests, mammograms are not perfect. Some women might need further testing or treatment for changes which are not due to breast cancer or, for a small number of women, a breast cancer that is present may not be found.

Some breast cancers can develop between mammograms, which is why being breast aware is so important.

It is recommended that women aged 50 to 74, without breast symptoms or changes, participate in the BreastScreen Australia program. However, women should make an informed, personal choice about participating. If you are unsure about your risk of breast cancer or if breast screening mammograms are right for you, you should speak to your doctor.

Women in their 40s and over 74 are outside the BreastScreen program's target age range, but they are still at risk of breast cancer and are eligible for free screening mammograms with BreastScreen every two years.

**For more information** or to book an appointment with BreastScreen call 13 20 50 or visit [www.breastscreen.org.au](http://www.breastscreen.org.au).