

## What else can you do?

Regularly check your breasts and look for any changes. Be familiar with the normal look and feel of your breasts so if there are any changes, you will notice them quickly.



If you live remote, BreastscreenNT visits Katherine, Nhulunbuy, Tennant Creek, Alice Springs and Palmerston during the year.



A reminder will be sent to you every two years once you have registered for your first screening.

## Changes to look for:

- Lumps
- Ooze (discharge) from nipple
- Unusual look and feel
- Or any other changes

**Tell the health worker, nurse or doctor about it quickly.**

To help protect yourself from breast cancer you can:

- Drink less alcohol
- Walk around more
- Eat more fruit and vegetables



BreastScreen

AUSTRALIA

A joint Australian, State and Territory Government Program

Northern Territory  
Government

breastscreenNT  
well women's cancer screening

[www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)

Pictures by: Mary Jane Overall

Northern  
Territory  
Government

Find Breast Cancer Early

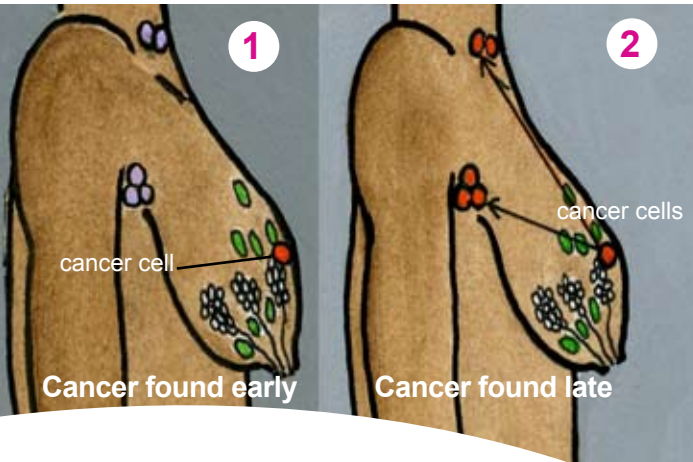


DEPARTMENT OF HEALTH AND FAMILIES

## What is breast screening?

Breast screening is an x-ray (mammogram) taken of your breasts. It checks for any cancer in your breasts.

Breast screening is free at breastscreenNT.



## What is breast cancer?

1 Breast cancer means you have some bad cells in your breasts. 2 The cancer needs to be removed so it does not grow and travel to other parts of your body.

Cancer can make you very sick.

## Why women need a breast x-ray?

Too many women have been dying of breast cancer. You may not know if you have breast cancer, and may think nothing is wrong. One way to check is if you have an x-ray.

If you have an x-ray and cancer is found early, it may be helped with specialist treatment to save your life.

## Who should have a breast X-ray (mammogram)?

All women aged 50-69 years should have a breast X-ray every two years.

Breast screening is for well women without any problems with their breasts.

If you have any problems with your breasts, see your doctor, nurse or health worker as soon as possible.



## Women's Business

Most of us Aboriginal and Torres Strait Islander women feel shy when people look at us.

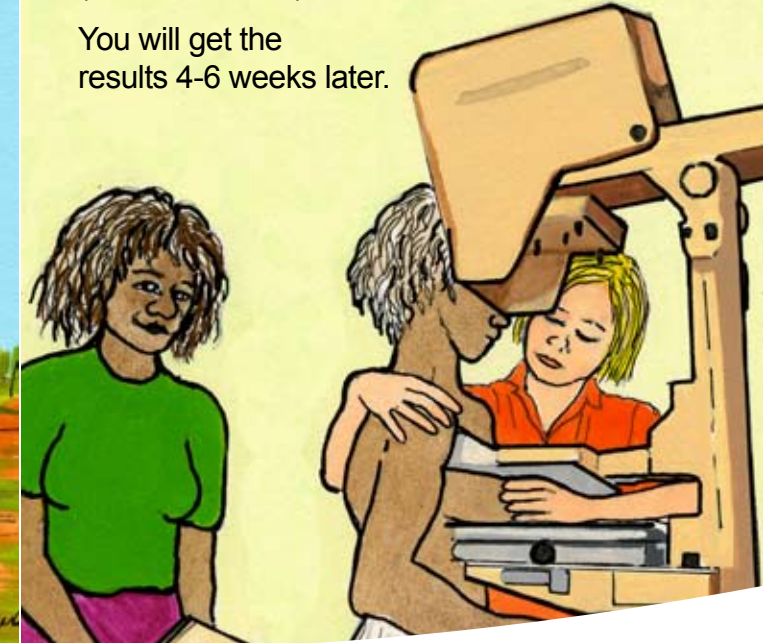
The x-ray is done in private where there are only women.

## How the X-ray is done

The x-ray is like taking a photo through your breasts. To get a good X-ray, the breasts are flattened as much as possible by gently squeezing them.

Two X-rays are taken of each breast. This might be a little bit sore but is done quickly (10-15 seconds).

You will get the results 4-6 weeks later.



BreastscreenNT might ask you to come back for some more tests. They will send you a letter or phone you.

This doesn't mean that you have cancer for sure. Sometimes the X-ray is not clear and another one needs to be done.

If you do have cancer, you can then start your treatment, for the best chance of getting better.