



**NATIONAL BREAST
AND OVARIAN
CANCER CENTRE**

English
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Breast Cancer

Finding It Early Could Save Your Life

Finding Breast Cancer Early

What Every Woman Can Do

Finding breast cancer early gives the best chance of effective treatment and could save your life. This is what every woman can do to find breast cancer early.

Be Breast Aware

Whatever age you are, look at and feel your breasts regularly. You don't have to use any special method. No one way is better than another, although some women prefer to use a systematic approach. If you notice any unusual changes see your doctor without delay. Being breast aware is important even if you are having regular mammograms.

Have Regular Screening Mammograms

If you are 50–69 years, it is recommended that you have a free screening mammogram every 2 years through BreastScreen Australia. Women 40–49 years or 70 years and older are also eligible for free screening mammograms. Screening mammograms are not recommended for women younger than 40 years.

Contact BreastScreen on 13 20 50

For interpreter assistance call 13 14 50 and ask for your language

Talk To Your Doctor

If you are not having regular mammograms, you may benefit from regular breast examinations by your doctor, especially if you are unsure what is 'normal' for you.

For more information and for women at higher risk of breast cancer go to www.breasthealth.com.au

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* In February 2008, National Breast Cancer Centre incorporating the Ovarian Cancer Program (NBCC) changed its name to National Breast and Ovarian Cancer Centre (NBOCC).