

Be breast aware

Between mammogram visits all women should be breast aware. Every woman is different. Know what your breasts look and feel like.

Tell your doctor if you find:

- * changes in the size or shape of your breasts
- * new lumps
- * unusual pain
- * nipple changes like bleeding, discharge or your nipple goes inwards and this is new for you
- * changes to the skin on your breast or nipple
- * swelling in your breast, armpit or near your collar bone.



BreastScreenNT
Cancer Screening Services

Assessment Clinic

Ground Floor, Eurilpa House
25 Todd Street
Alice Springs NT 0870



13 20 50

Ask to speak to the Nurse
Counsellor or Clinical Director



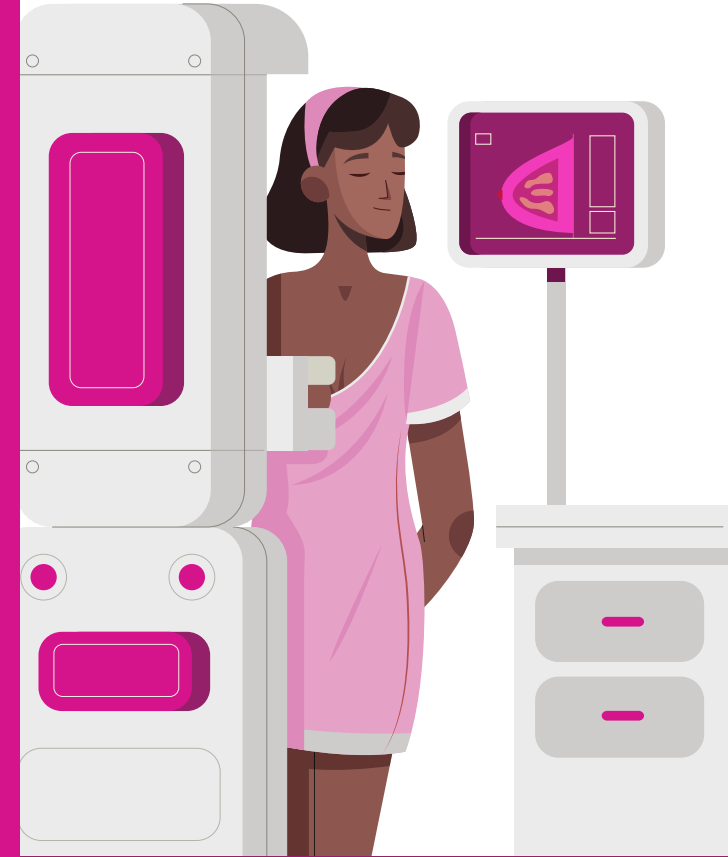
If you need an interpreter when
reading this brochure, please ask
a staff member.

BreastScreen
AUSTRALIA

A joint Australian, State and Territory Government Program

Assessment Clinic

Alice Springs



BreastScreenNT
Cancer Screening Services

For more information visit
health.nt.gov.au



After a mammogram, some women are asked to come to an Assessment Clinic for further tests.

This is a FREE service.

Why have you been asked to come to the Assessment Clinic?

The radiologist has found an area inside your breast that needs to be looked at more closely.

About 1 in 20 women need to come for assessment.

Most women will get a normal result after further tests at the Assessment Clinic.

A very small number of women will have breast cancer.

If you have breast cancer we will do all the tests, give you the results and help you get treatment with a specialist.

How long will assessment take?

The time you will be at the Assessment Clinic depends on the tests you need.

It is recommended that you allow three hours. A medical certificate can be provided.

We understand the Assessment Clinic can be stressful. Our team is trained to talk with you and guide you through the assessment process. You are welcome to bring a support person to be with you on the day.

What will happen at the Assessment Clinic?

Our female doctor or nurse will:

- * explain the tests you will have and check that you consent to the tests. You can withdraw your consent at any time
- * examine your breasts to check for any changes that can be seen or felt.

Tests you might have are:

1. Further Mammogram Views

This is done the same way as your screening mammogram with special mammogram pictures to look closer at a specific area (spot views).



2. Breast Ultrasound

Ultrasound uses sound waves to make a picture of your breast tissue.



3. Biopsy

Around 1 in 5 women will need a biopsy to check for possible cancer. A biopsy is a test to take a small sample from inside your breast and is done using a needle and local anaesthetic.

More information about a biopsy will be given to you if needed.

These tests are the best available but just like any medical test they may miss some very small cancers.

When will you get your results?

If your result is normal you will be told on the day. You will also get a letter in the mail.

If you told us your doctor's name we will also send them the result.

If you need a biopsy, results take about a week. The sample needs to be sent to a pathologist for examination. You will need an appointment with your regular doctor or health clinic to get your biopsy result.

What if your results show cancer?

A small number of women will need further treatment because breast cancer is found at the Assessment Clinic. You will be given information and support by your doctor and the local McGrath Breast Care Nurse located at Alice Springs Hospital.

Your doctor will make the referral to a specialist.

After coming to an Assessment Clinic how often should you have a mammogram?

If your results were normal at the Assessment Clinic you should have a mammogram every two years. You will get a reminder letter when your next mammogram is due.

Sometimes we recommend you come back sooner– we will let you know if this is recommended for you. If you are diagnosed with breast cancer you will be seen by your specialist for at least five years before your return to the BreastScreen program.