

Breast Cancer Awareness

Monash Breast Service

Monash BreastScreen is the largest service in Victoria approx. 60, 0000 women per year are screened across our 7 screening sites. We are the Training Centre for all BreastScreen Radiographers across Victoria

Breast Surgery Unit is the largest Service in Victoria

Our service is a multidisciplinary integrated service that works collaboratively with other services across Monash Health to provide screening, diagnostic, surgery, radiation, chemotherapy, oncology, shared care and research

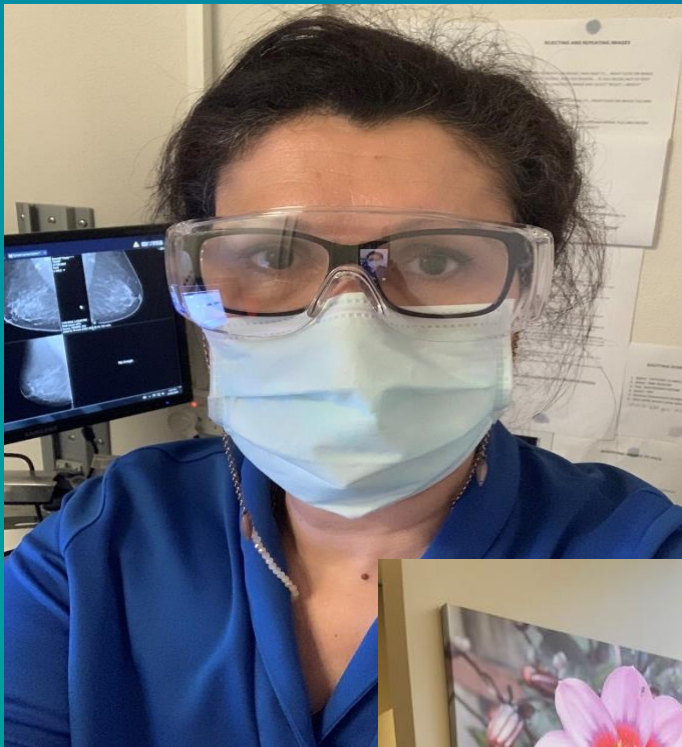
Our team includes Surgeons, Radiologists, Radiographers, Nurse Counsellors, Breast Care Nurses, Metastatic Nurse Practitioner, Social Work, Patient Navigator, Research, Data and Administration



Clinic Locations



-  SCREENING CLINIC
-  MOBILE SCREENING SERVICE
-  READING AND ASSESSMENT SERVICE
-  BreastScreen Coordination Unit (Carlton)

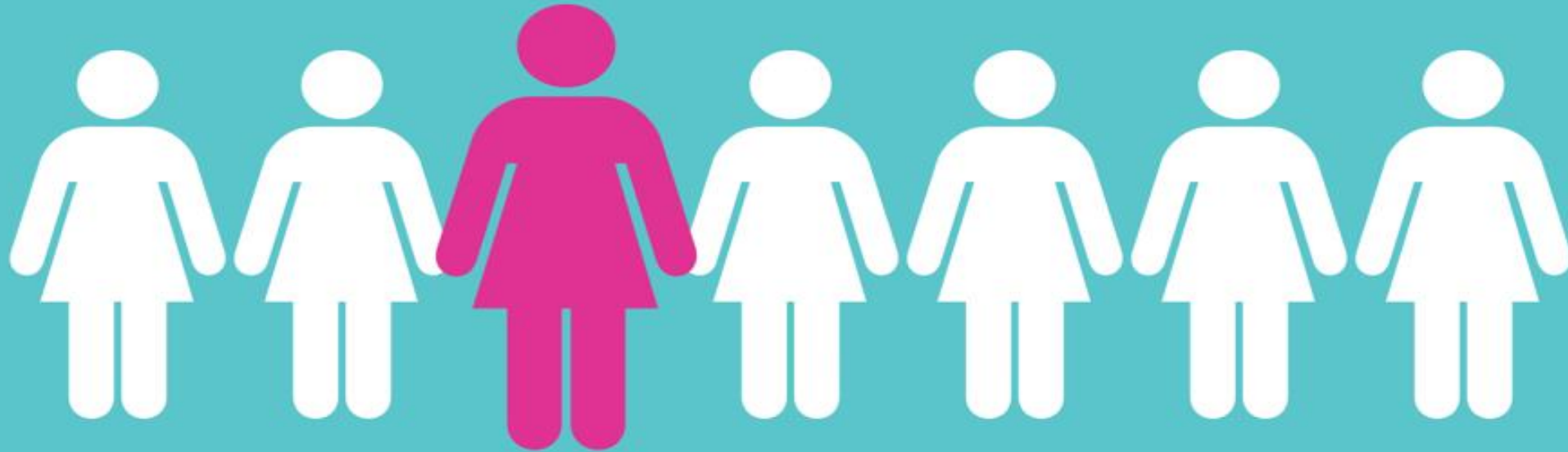


THE REALITY-

Incidence of Breast Cancer in Australia



1 in 7 women in Victoria
will develop breast
cancer in their lifetime.



This year

**19,807 women and 167 men will be
diagnosed**

**55 - on average will be diagnosed
everyday**

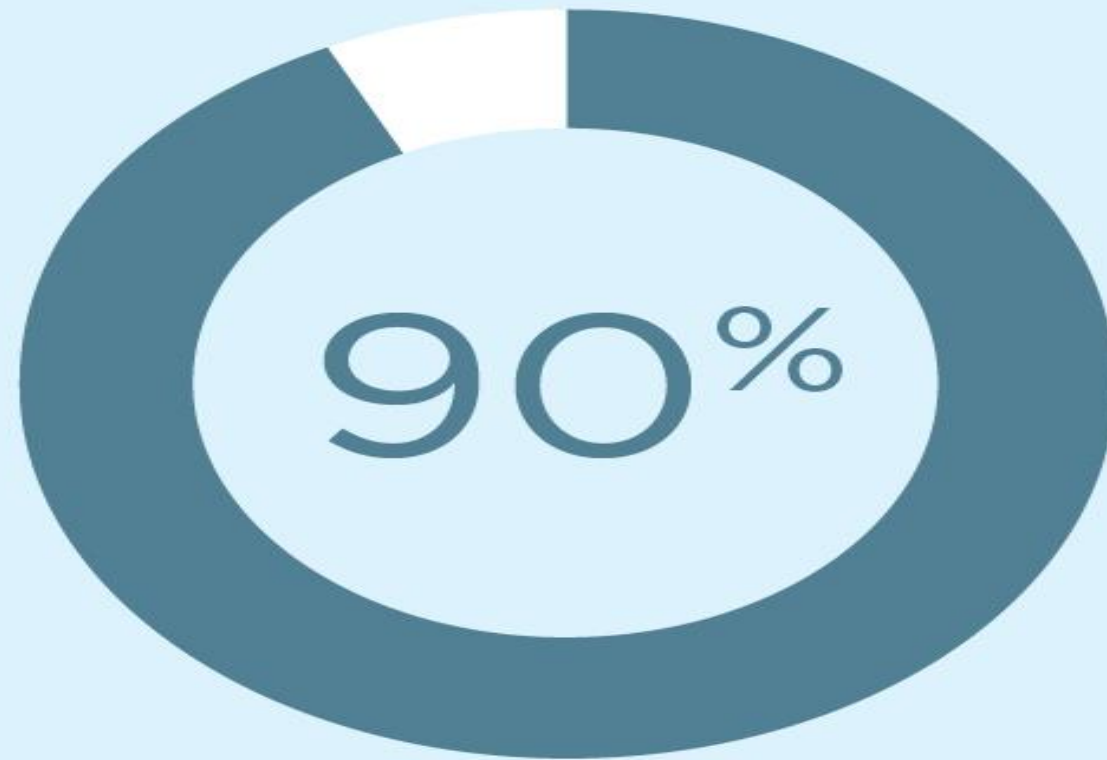


And it's **GROWING**

Due to our aging population, early detection,
the Breast Screen program and lifestyle factors.

Women now have 90.8% chance of surviving at least 5 years after diagnosis

https://www.bcna.org.au/media/7708/bcna-stats_infographic-2020.pdf



90% of Victorian women
with breast cancer live.



BreastScreen
Victoria

Caring about Women



Risk Factors

Having a family history

Getting older

Being a woman



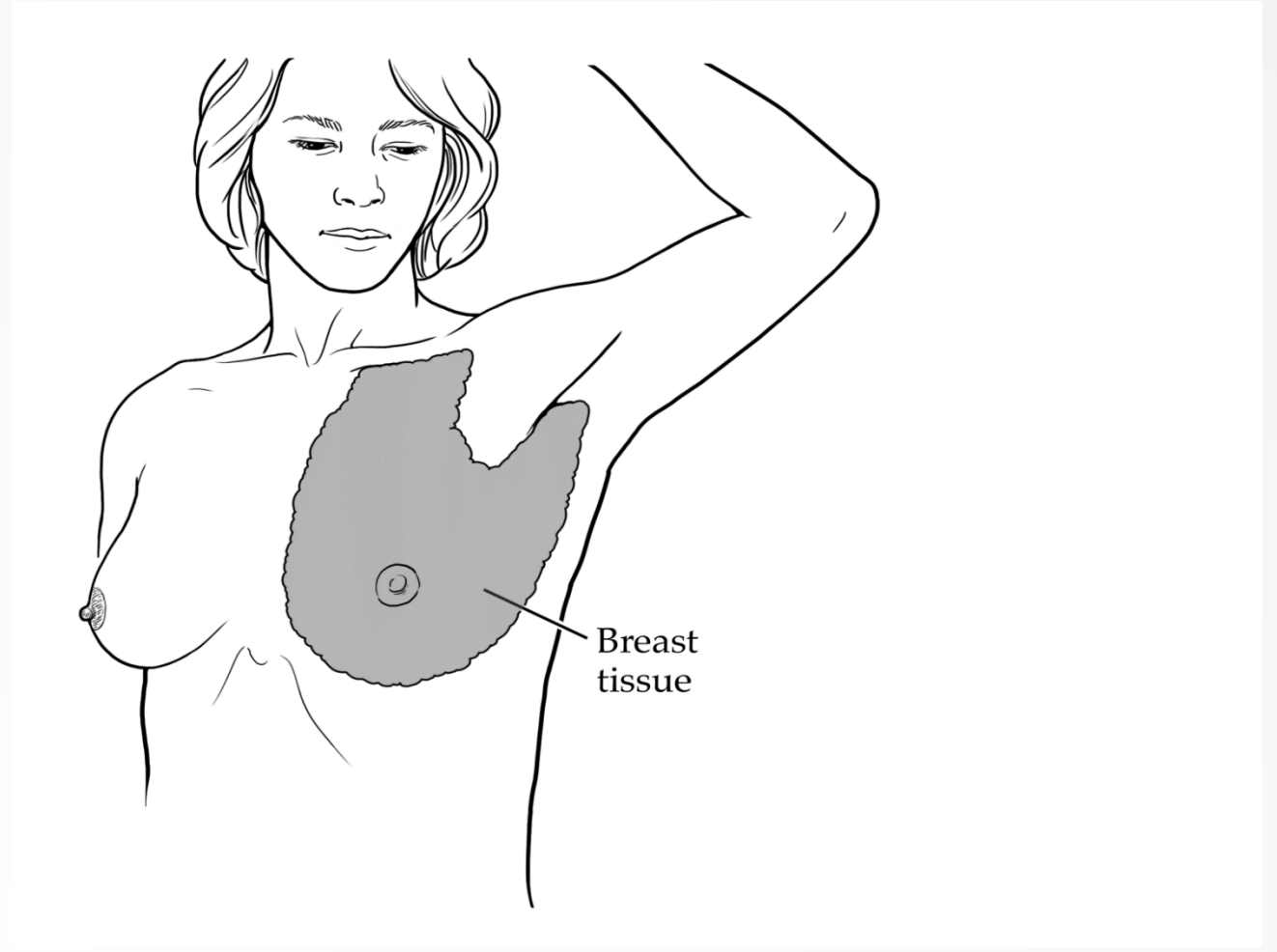
Reduce your risk



Being 'breast aware'

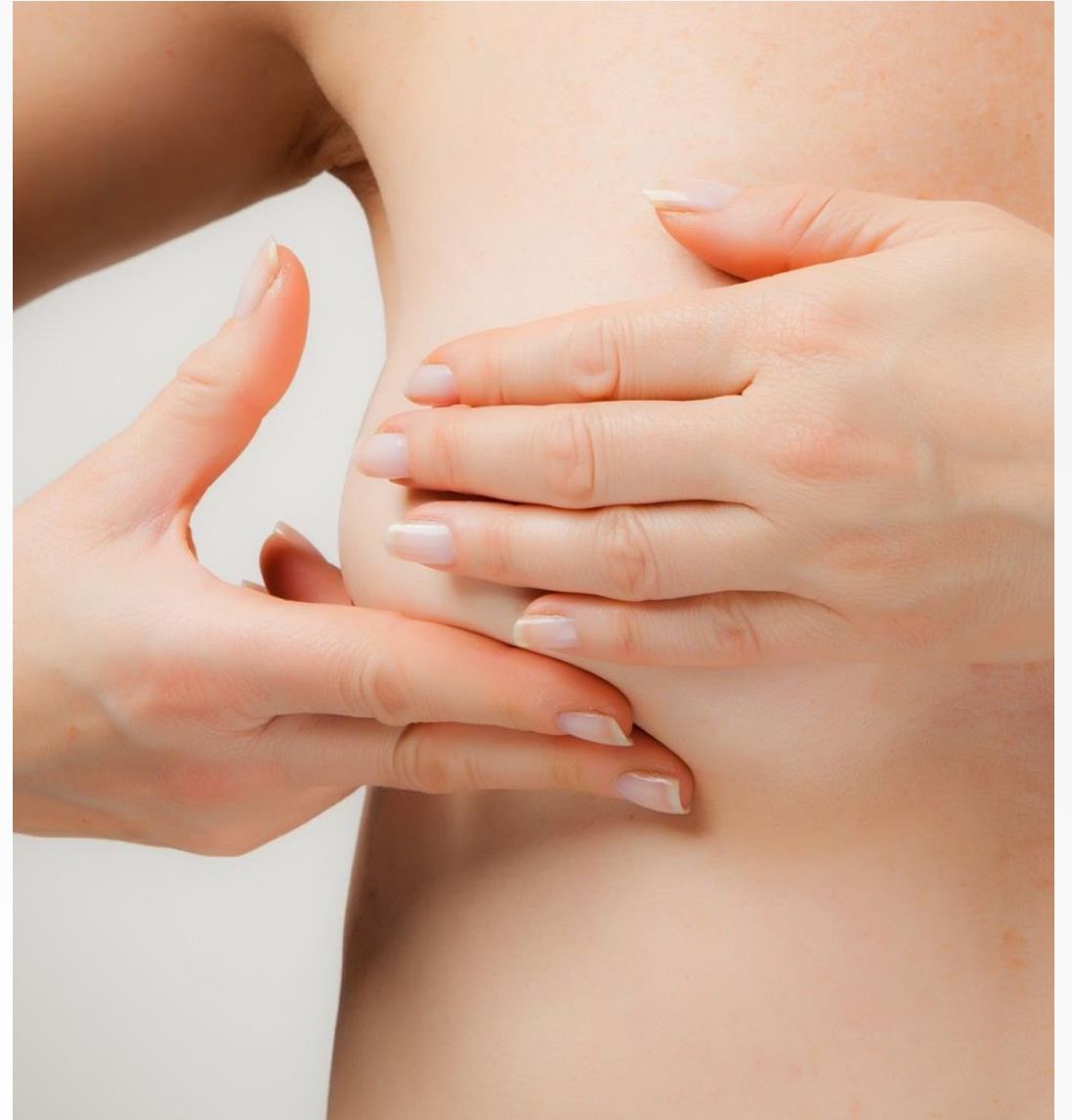
Collar bone down to the bra line

Armpit across to centre of chest



Breast Health Understanding

- Whatever your age, size or shape, **it's important to take care of your body and your breasts.**
- Having good breast health understanding means getting to **know how your breasts look and feel**



WHAT BREAST CANCER CAN LOOK & FEEL LIKE

Recognize something? Don't panic, some changes are normal. But if it stays around be smart—show a doctor.



"A cancerous lump usually feels hard and immovable like a lemon seed.
It can be any shape or size."

Want information on each symptom?



knowyourlemons.com

 **worldwide**
breast cancer

Designed by charity WorldwideBreastCancer.org, USA. Do not alter, crop or add to this image without written permission.

 [#knowyourlemons](https://www.facebook.com/knowyourlemons) [@knowyourlemons](https://www.instagram.com/knowyourlemons)



	BreastScreen services Asymptomatic women	Diagnostic services Symptomatic women/men
	To reduce mortality rate from breast cancer in women aged 50-74	To investigate clinical breast symptoms
	Targeting women 50-74 (eligible from 40)	Any age
	No referral	Referral required
	Free	Partial rebate from Medicare/bulk bill (must satisfy criteria)
	Every two years	As required
	Mammogram*	In addition to mammography, other imaging techniques specific to each case are available
	Results to woman and her GP (with patient consent)	Results to referring doctor



Breast screening



is **free**.



takes about **10 minutes**.



doesn't need a **doctor's referral**.



is provided by **female radiographers**.



is available at a clinic near you **throughout Victoria**.



Do I need a breast screen?

Aged 50-74?

You should be screened every two years.

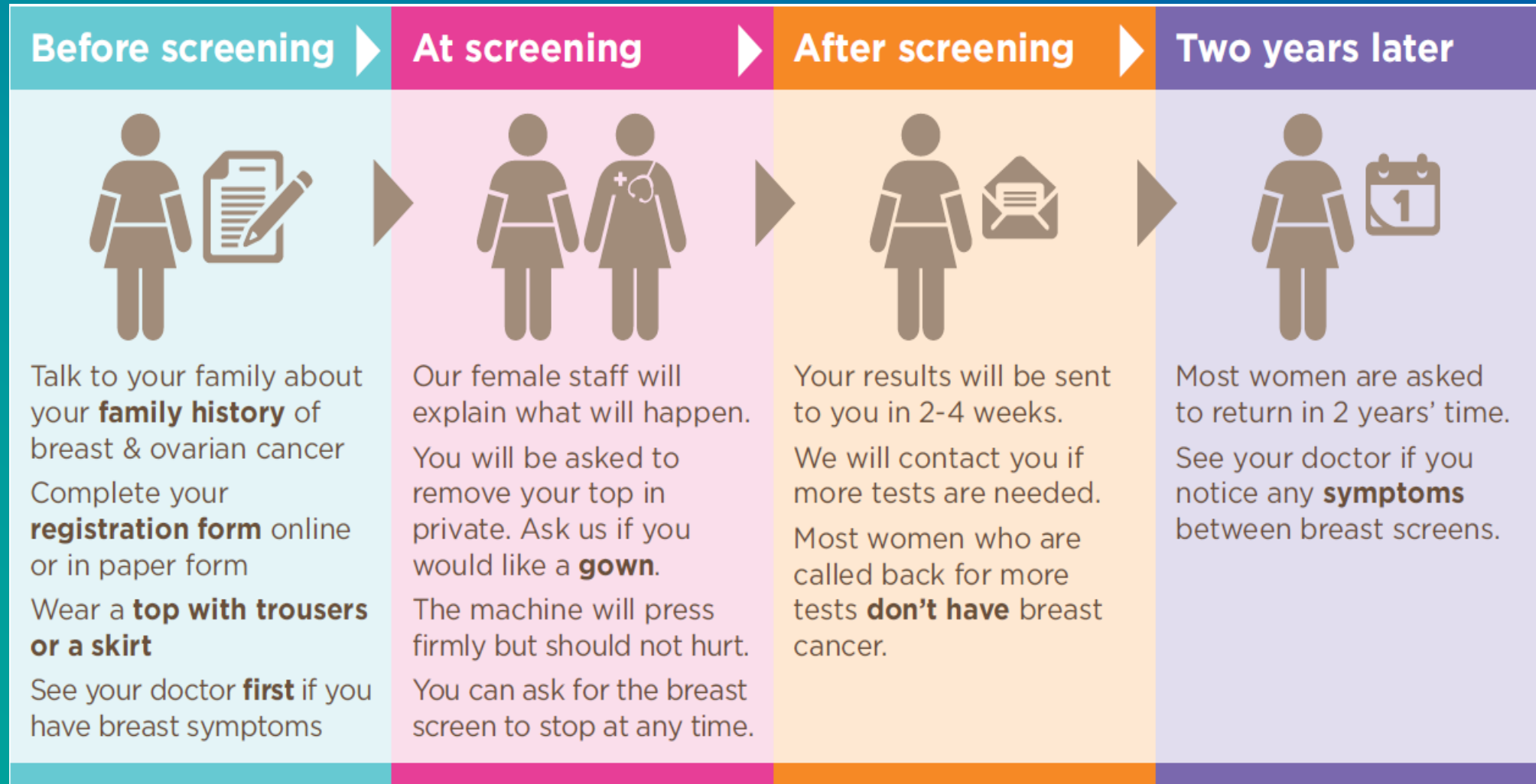
In your 40s or over 75?

Talk to your doctor to find out if breast screening is right for you.

Under 40?

Breast screens are not effective for women under 40 years.

What happens at BreastScreen?





Reasons for compression

To reduce the radiation dose absorbed by the breast tissue (thinner tissue).

To reduce the chance of movement (blurry images)

To obtain better detail and definition by spreading out the normal tissues (making Cancers easier to identify)



Frequently asked questions

Does it matter what size my breasts are?

No it does not, it is more about your anatomical and body presentation, such as frozen shoulders, prominent ribs, depressed sternum and physical limitations to get you into the right position to see the whole breast away from your body

The last mammogram I had was very painful and I am worried about coming again

The way we need to position the breast and apply the pressure to smooth the tissue out is usually uncomfortable, but should not be painful. You should let the radiographer know if this is what you are experiencing and you can stop at anytime.

What if I feel a lump or notice a change in my breast?

BreastScreen is not for you. You need to see your health provider and they will arrange a diagnostic mammogram and ultrasound –you get results the same or next day. BreastScreen results are 2-4 weeks

How long does it take ?

It takes approximately 10 minutes

Is it done by a female?

All BreastScreen mammograms are performed by specially trained breast imaging radiographers and are all female





BreastScreen
Victoria

A breast screen takes
**Less time
than a coffee**

If you are over 50, never had a breast screen or are due for your two-yearly screen, then book an appointment today.

Call 9928 8760 or 9928 8761 to book now!



Caring for your health and wellbeing

Monash Health
Nursing and Midwifery



Search for "Monash Care Events"
on the intranet to find out more.

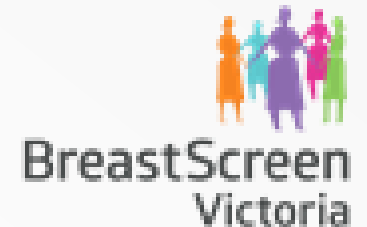
For more information or to make an appointment book
online at:

www.breastscreen.org.au

<https://youtu.be/Mci7kX0iqil>

Or call

13 20 50



Resources

McGrath Foundation

Phone: 1800 183 338

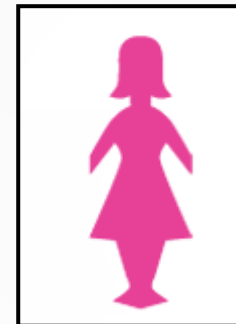
www.mcgrathfoundation.com.au



Breast Cancer Network Australia (BCNA)

Phone: 1800 500 258

www.bcna.org.au



Resources

Cancer Council Victoria

Phone: 13 11 20

www.cancervic.org.au



Palliative Care Victoria

Phone: 03 9662 9644

www.pallcarevic.asn.au



Counterpart

Phone: 1300 781 500

www.counterpart.org.au

