

BreastScreen for women who have been diagnosed with breast cancer



BreastScreen
Victoria

Caring about Women

BreastScreen Victoria specifically targets women aged 50 to 74 years, and is FREE for all women over 40 with no breast symptoms. If you have had breast cancer in the past, this fact sheet may answer some of your questions about breast screening.

Regular check-ups are important

If you have had breast cancer in the past and have had surgery to have a lump or your breast removed, it is very important that you have regular check-ups. This is because you are at increased risk of developing breast cancer again.

If you have had breast cancer, your regular check-ups should involve:

- annual **physical examination** of your breasts by a doctor
- annual **breast screens (mammograms)**
- **other tests** that may be required.

Can I have free breast screen if I have had breast cancer?

For the **first five years** after a diagnosis of cancer, a woman will need close follow-up by a doctor. After this, women who have had breast cancer are able to enrol or re-enrol in BreastScreen Victoria, with their treating doctor's approval. You will then be invited for free annual mammograms up to the age of 74.

This includes women who have had a mastectomy, who can have screening of the other breast.

What screening does BreastScreen provide?

At the screening visit, only standard breast screening mammograms are provided. For women who have had breast cancer and had a lump removed, this will involve screening mammograms of both breasts. Women who have had a breast removed should continue to have their remaining breast screened. You will only be recalled for further tests (including special views and ultrasound) if your mammogram is abnormal.

We do not routinely provide other tests such as ultrasound if the mammogram is normal.

You should discuss with your doctor if other tests are required.

Bring all your previous films

It is very important that you bring your **all your previous mammograms** with you for comparison. They may be in a film bag or on a CD. If you don't have your previous images you will need to ask your treating doctor or imaging service for copies.

Your breast cancer treatment may have caused changes to your breasts. So we will need to compare your screening images with previous mammograms. Bringing your previous films will prevent you being called back for further unnecessary tests.

See your doctor regularly

You should continue to see your doctor for annual **physical examination** of your breasts

What else can I do?

- Check your breasts regularly and report any changes to your doctor.
- Keeping yourself as healthy as possible and paying attention to your general health and fitness is essential. Keeping active, eating a balanced diet, minimising alcohol intake and keeping your weight within a healthy range all reduce the risk of your breast cancer return

I can screen with BreastScreen IF:

- It is more than 5 years since my breast cancer diagnosis
- My doctor approves
- I bring all my previous films
- I see my doctor for an annual physical examination