

Screening, Detection and Diagnosis

Doctors recommend being aware of your breasts to spot changes such as lumps or thickenings that may indicate breast cancer (See [Signs and Symptoms of Breast Cancer here](#)).⁴ When treatment begins early, it can significantly increase conquering the disease.⁴



Breast self-examination: See your doctor or go to your local clinic if you find any unusual changes during your self-examination. If you are not sure about the self-examination technique, a healthcare professional can help.⁶

However, knowing what to look for by keeping an eye – or a feel – out for the signs and symptoms of breast cancer during regular breast self-examinations, does not replace having regular mammograms and other screening tests.⁶

Mammograms: These X-rays of the breast can detect tumours at a very early stage before they would be felt or noticed.⁴ A *screening mammogram* looks for signs of breast cancer in those who do not show any symptoms.⁴ A *diagnostic mammogram* takes place if the man or woman has symptoms of breast cancer or if a change is seen during a mammogram.⁴

Breast ultrasound: A breast ultrasound uses sound waves to create a computerised picture of the inside of the breast.⁴ It can show certain breast changes, like fluid-filled cysts, that are harder to identify on mammograms.⁴ A doctor may also recommend an ultrasound for some women who are at a higher risk of developing breast cancer.⁶

Breast magnetic resonance imaging (MRI): This scan uses a magnet linked to a computer. The MRI scan creates detailed pictures of areas inside the breast.⁶

Biopsy: Your doctor will ask for a biopsy if your mammogram, imaging test, or a physical exam detect a breast change that could be cancer. A biopsy is the only way to know for sure if it's cancer.⁶ During a biopsy, tissue or fluid is removed from the breast for more testing.⁶

When should you start screening for breast cancer?

Although breast cancer screening cannot prevent breast cancer, it can help detect breast cancer early, when it is easier to treat.⁷

- Women between 40 and 44 should have the opportunity to have a mammogram every year if they choose to.²
- Women between 45 and 54 should book for a mammogram every year.²
- Women older than 54 can either have a mammogram every two years or can continue with annual screening.⁷

Screening tests can sometimes also help doctors detect breast cancer before any symptoms appear.⁴ Early detection can give you a better chance of successful treatment.⁴ Talk to your doctor or healthcare professional at your local clinic about which screening tests are right for you, and when you should have them.

LEARN MORE ABOUT
BREAST CANCER

SIGNS AND SYMPTOMS OF
BREAST CANCER

RISKS AND
PREVENTION

BREAST CANCER
TREATMENT

You could potentially save lives by sharing this important information.

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