

Looking after your breasts

What every Aboriginal
and Torres Strait Islander
woman should know

As an Aboriginal and Torres Strait Islander woman, do you have questions about breast cancer and what you can do to look after your breasts?

The good news is that there are a number of things that you can do. The most important thing to know is that early detection is vital to surviving breast cancer.

This brochure gives you information about what you can do to find breast cancer early.

Find It Early And Survive

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How can I find breast cancer early?

There are **two** things you can do.

The **first** thing you can do is to get to know the normal look and feel of your breasts.

This will help you to notice any new changes. You don't need to be an expert or know a special way to check your breasts. You can do this as part of everyday activities like showering, dressing or looking in the mirror.

What should I look out for?

Look for any change in your breast or nipple, such as:

- any new lump
- any discharge
- any skin change
- any unusual pain.

What should I do if I find a change?

Most breast changes are **NOT** due to cancer. If you find a change in your breast that is new or unusual for you, visit your local health centre without delay.

What else can I do?

The **second** thing you can do is to have a free breast screen every 2 years.

For women who have no breast changes and are 50 years or over, breast screening is the best way to find breast cancer early. To find out more call BreastScreen on 13 20 50 or visit your local health centre.

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