

An easy guide to Breast Screening



New Zealand Government

FREEPHONE

0800 270 200

FREE FOR ELIGIBLE WOMEN AGED 45 TO 69

www.breastscreen.govt.nz

A Healthier Northland
He Hauora Mo Te Tai Tokerau

NORTHLAND DISTRICT HEALTH BOARD
Te Poari Hauora Ā Rohe O Te Tai Tokerau



Foreword

The intended purpose of this pamphlet is to provide an easy guide to breast screening. It is recommended that this pamphlet be used with the support of a carer, family member, friend and/or support worker.

Further resources available:

“Having a mammogram every two years improves a woman’s chances of surviving breast cancer” pamphlet.

To download or order the pamphlet go to:

www.goo.gl/VlhJjH

You can also find more information on the National Screening Unit website:

www.timetoscreen.nz or by calling 0800 270 200

Breast screening is free for
women aged 45-69.

*Having a breast screen every
2 years could save your life.*



You can decide if you want to go
for a breast screening.

*You can bring a support person
family or friend.*



A breast screening takes pictures
of your breast.

This is called a mammogram.

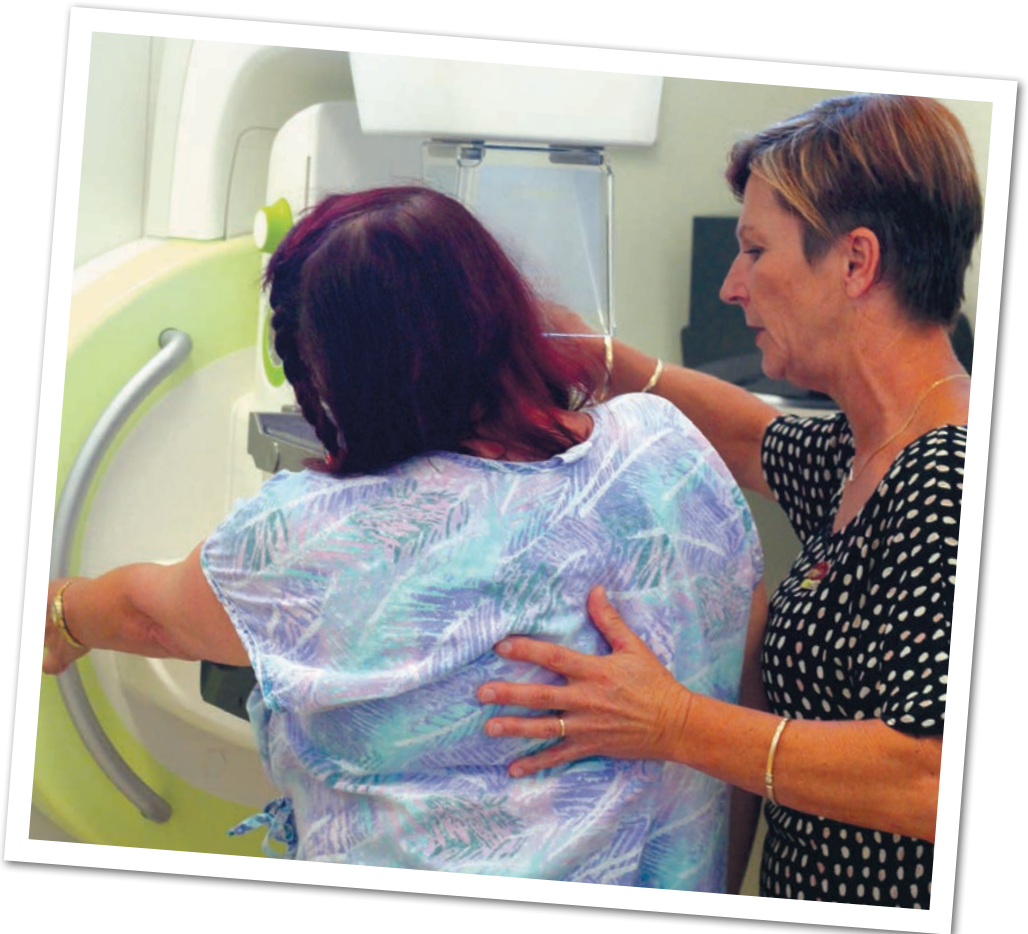


A mammogram is a way to check
your breast health.

*It can pick up some changes
in the breast.*



The person (radiographer) taking the pictures will put your breast on the machine



This is the Northland Mobile Clinic which will visit a town near you.



This is reception.



You will have paperwork to do.



This is the
waiting room.



You will be given a gown to put on
in a changing room.

*You will need to take your
top and bra off.*



This is the
mammogram room.

*The radiographer will
tell you what to do.*



The machine will press down tightly on your breast.

This may be uncomfortable but only for a few seconds.

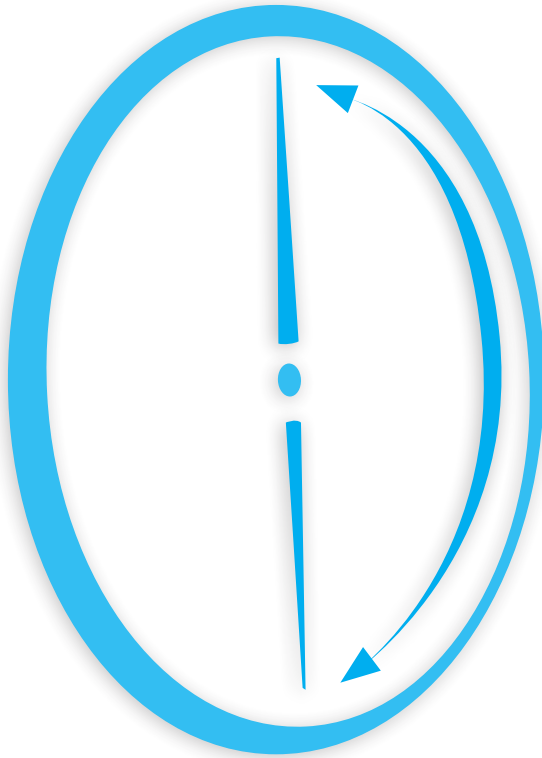


You will need
to keep still.

*Remember to relax
and breathe.*



The appointment will take about 30 minutes.



You will get your results
in 2-3 weeks.



We might phone you to come back for another test.

But most women wont have to come back for 2 years.



Information for support workers and caregivers:

If you cannot make the appointment, it is best to reschedule rather than organising a replacement that the patient may not feel comfortable with.

The appointment takes at least half an hour. Please allow enough time.

The radiographer will stop the mammogram if it is clear that the woman is uncomfortable and does not want to continue. It is important that all women give informed consent when having mammogram.

It is advisable that you enter the breast screening room with the woman for further support.



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