



BreastScreen  
Victoria

Book at [breastscreen.org.au](https://breastscreen.org.au)  
or call **13 20 50**



For more information:  
[breastscreen.org.au](https://breastscreen.org.au)



Call **13 14 50** and ask to be connected  
to BreastScreen Victoria



Translated information:  
[breastscreen.org.au/translations](https://breastscreen.org.au/translations)

**TTY 13 36 77** if you have hearing  
or speech difficulties



BreastScreen Victoria  
acknowledges the support of  
the Victorian Government.

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# Put your health first

## Book your breast screen



Book at [breastscreen.org.au](https://breastscreen.org.au)  
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## Am I at risk?

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



Most women with breast cancer **do not** have a family history of the disease.



**Age** is the biggest risk factor for developing breast cancer.



## 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**.

## What is a breast screen?

A breast screen (mammogram) is an X-ray picture of the breast. Breast screens can find cancers that are too small to see or feel. More women survive breast cancer today thanks to early detection and better treatments.

## Do I need a breast screen?

Early detection saves lives.

### 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.

## Be breast aware

- Get to know the normal look and feel of your breasts. See your doctor if you notice any unusual changes.
- Ask your doctor about your risk of breast cancer and the need for screening.

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