

# Breast/chest\* screening for trans and gender diverse people

BreastScreen  
Victoria

## Welcome

At BreastScreen Victoria we think it is important that our services are accessible for trans and gender diverse (TGD) people. We have been working with Transgender Victoria to achieve this and towards a Rainbow Tick accreditation for safe and welcoming services.

This sheet provides information about breast/chest health, breast cancer and screening. If you have any suggestions to improve this information, or our services more broadly please [contact us](#).

## What are the risk factors for breast cancer?

- Being female at birth.
- Age is the biggest risk factor. We recommend screening for people **over 50**.
- Most people with breast cancer do not have a family history of the disease.
- Having breast implants or binding your chest does not increase your risk. See our fact sheet, [Breast screening with implants](#), for more information.

## Do I need screening?

Screening means checking for cancer before you have any symptoms — early detection could save your life. This table summarises whether screening for breast cancer may benefit you. TGD people have a unique set of factors that may affect their risk. Ask your doctor about your personal risk factors and the need for screening.

If you are 50 years or older:

<b>Trans women</b>	<p>If you have been taking gender-affirming hormones (like oestrogen) for five years or more, screening every two years may be of benefit.</p> <p>If you have taken hormones for less than five years, or have not taken hormones, screening is not recommended.</p>
<b>Trans men</b>	<p>If you have <b>not</b> had chest surgery, screening every two years is recommended.</p> <p>There are no clear recommendations for people who have had chest surgery. We suggest talking to your doctor about your individual risk factors including previous surgical and hormone treatment.</p> <p>If your doctor confirms that you have no remaining breast tissue, screening is not recommended.</p>
<b>Gender diverse/ non-binary people</b>	<p><b>If you were assigned female at birth</b> and have not had chest surgery, screening is recommended.</p> <p>There are no clear recommendations for people who have had chest surgery. We suggest talking to your doctor about your individual risk factors including previous surgical and hormone treatment.</p> <p>If your doctor confirms that you have no remaining breast tissue, screening is not recommended.</p>
	<p><b>If you were assigned male at birth</b> and have been taking hormones (like oestrogen) for 5 years or more, screening every two years may be of benefit.</p>

\* A note on terminology: We refer to breast/chest screening and surgery. This is because we recognise that many trans men and gender diverse people do not identify as having breasts, feel ambivalent about having breasts and prefer the term "chest" on its own.

## Where can I have a screen?

You are welcome to attend any of our clinics throughout Victoria. Our Rose Clinic in Melbourne's CBD provides LGBTI inclusive services, including 'Rainbow Rose' screening sessions for TGD people.

### Breast screening



is **free**.



takes about **10 minutes**.



doesn't need a **doctor's referral**.

## How do I book an appointment?

You can book at [breastscreen.org.au](http://breastscreen.org.au) or call 13 20 50. You can request the Rose Clinic or another clinic of your choice.

## What will you ask me?

- We ask every person who books an appointment if they have breast implants. This is because we need to allow for a longer appointment time.
- We also ask everyone if they:
  - have had breast/chest surgery
  - are taking hormone therapy.

We ask these questions because they may affect the appearance of your screening images.

- We do **not** ask questions about gender identity.

## What happens at screening?

- You will be welcomed by a staff member who will explain what will happen during the screen. You will be asked to remove your top clothing in private. Please ask us if you would like to wear a gown.
- A mammographer will take you into the screening room. During a screen it is normal to feel discomfort, but this should only last a few seconds. This is because your breasts/chest will need to be pressed firmly between two plates in the screening machine so that a clear picture can be taken.
- You can ask for the screen to stop at any time.
- You are welcome to bring someone with you to your appointment.

## Breast/chest health

Get to know the usual look and feel of your breasts/chest. See your doctor if you notice any unusual changes.

## More questions?

You can talk to one of our staff members about screening. Call 13 20 50 or email [info@breastscreen.org.au](mailto:info@breastscreen.org.au).

## Tell us what you think

If you have any suggestions to improve this information, or our services, call 13 20 50 or email [info@breastscreen.org.au](mailto:info@breastscreen.org.au).

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



For more information or to change your details, visit [breastscreen.org.au](http://breastscreen.org.au) or call **13 20 50**



For interpreter assistance call **13 14 50**



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

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



BreastScreen Victoria acknowledges the support of the Victorian Government.