

This brochure answers important questions for women who are considering having a mammogram with BreastScreen NSW and have special requirements due to a disability.

### What is a mammogram?

A mammogram is an x-ray of a woman's breasts. A mammogram can find a cancer before any changes are seen or felt.

### Should I have a mammogram?

Yes. The earlier a breast cancer is found, the better a woman's chances of survival.

BreastScreen NSW recommends women **50 to 74 years** have a mammogram **every 2 years**.

### Are there alternatives if I cannot complete the mammogram?

**Yes.** Other techniques including an ultrasound and thorough clinical examination may be more appropriate. These other techniques are usually performed by a private provider. These alternatives should be discussed with your doctor.

### About BreastScreen NSW

BreastScreen NSW is a free breast screening program with over 200 locations in NSW.

The program is especially **recommended for women aged 50 to 74 years**. However, all women over the age of 40 are eligible for screening through the program.

#### Contact us

To make an appointment at a location near you **13 20 50**

#### To find out more

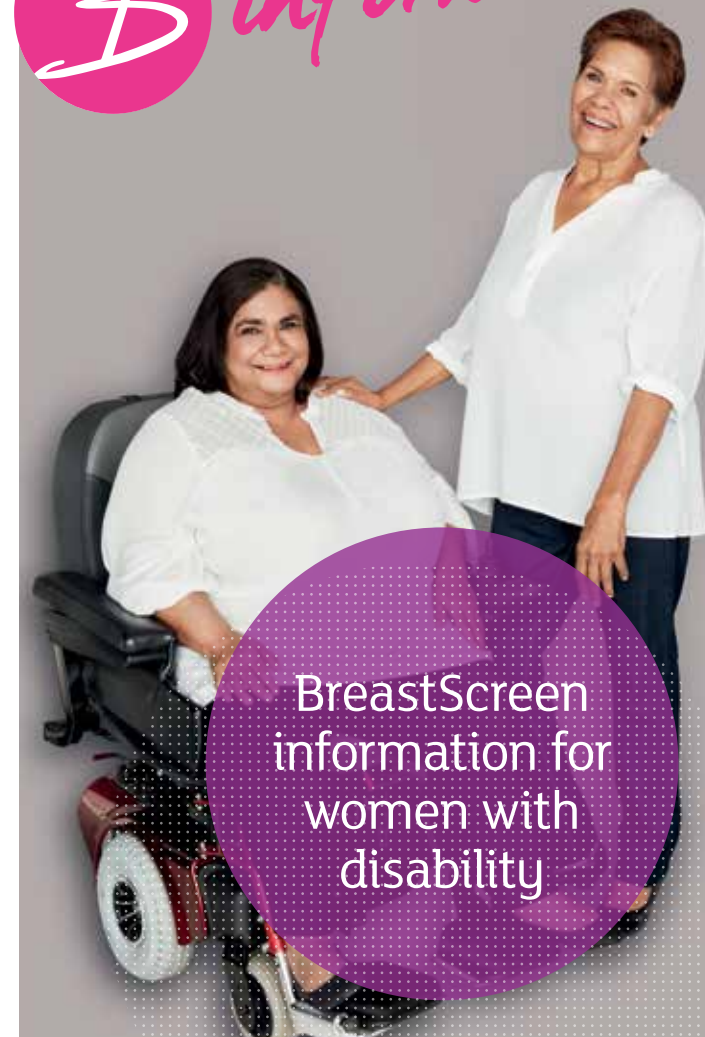
[www.breastscreen.nsw.gov.au](http://www.breastscreen.nsw.gov.au)

#### For an interpreter's assistance

**13 14 50** (TTY 13 36 77)

#### Find us on Facebook

[facebook.com/BreastScreenNSW](https://facebook.com/BreastScreenNSW)



BRS-0029-04.19

SHPN: (CI) 190221



**13 20 50**

20 minutes every 2 years  
could save your life

[breastscreen.nsw.gov.au](http://breastscreen.nsw.gov.au)

### Can I have a mammogram if I have a disability?

It is important that all women have equal access to breast screening.

However, for some women with disability it may not be possible to have a mammogram.

### Are BreastScreen NSW centres accessible?

- Most BreastScreen NSW centres and mobile vans provide wheelchair access. Call 13 20 50 or visit the BreastScreen NSW website to find your nearest accessible centre.
- Women in wheelchairs can have their mammogram while seated. However, it is important that you can independently hold your head up, and hold your arms clear of your chest.
- Women who are deaf, or have a hearing or speech impairment, can contact BreastScreen through the National Relay Service. An interpreter can also assist at your appointment.
- Guide and assistance dogs are welcome at your appointment.
- A range of assistance is available to women with an intellectual disability. Please contact the screening service to confirm the level of access and support required for the appointment.



### What will I need to tell someone when I book a mammogram?

Women with disability (and/or their carers or guardians) are encouraged to contact BreastScreen before their appointment to organise access to the service. Advice can be provided about parking and local transport options if required.

Some of these **additional questions** may be asked when you book your mammogram:

- Do you have any restrictions with your mobility/movement?
- Do you use a walking frame, walking stick, wheelchair or other mobility aid?
- If you use a wheelchair, are the sides removable?

- Can you lift your arms to shoulder height or away from your body?
- Will you need to sit in a chair for your mammogram?
- Will you be able to remain still for several seconds?
- Do you have the capacity to consent to the procedure?

### What does a mammogram involve?

The female radiographer will take you into the private x-ray room where you can remove your top and bra.

During your mammogram the radiographer will take at least two x-rays of each breast. Your breast will be firmly compressed for about 10 seconds while the x-ray image is taken. This compression may be uncomfortable, but is only for a brief time.

If you feel any discomfort, inform your radiographer. You can stop the mammogram at any time.

A carer, friend  
or family member  
is welcome to  
come to the clinic  
with you.

### Be breast aware in between appointments.

1. **Get to know your breasts** and what is normal for you. Look at your breasts in the mirror and feel your breasts regularly.
2. **If you notice any changes** in your breasts (i.e. lumps, nipple discharge or persistent new breast pain) see your doctor straight away.