

# NHS BREAST SCREENING

## THE FACTS



### WHY HAVE BREAST SCREENING?

One in twelve women in the UK develops breast cancer at some time in her life and it is much more common in women over 50.

Breast screening can help to find small changes in the breast before there are any other signs or symptoms of cancer. If these changes are found at an early stage, there is a good chance of a successful recovery.

### WHAT IS BREAST SCREENING?

Breast screening (mammography) is an x-ray examination of the breasts.

### WHO IS IT FOR?

Free breast screening is being offered by the NHS to all women aged 50 to 64.

If you are under 50, you will not receive an invitation for breast screening. Breast cancer is not so common in your age group, and general screening of women under 50 has not yet proved to be helpful in reducing the number of deaths from cancer. However, if you are ever worried about any breast problem, contact your doctor who will refer you for a specialist opinion if necessary.

If you are 65 or over you will not automatically be invited for screening, but you will be screened if you request it. If you think you might be interested in being screened, talk to your GP or contact your local screening office.

### HOW WILL THE SERVICE WORK?

All women in the UK aged 50 to 64 who are registered with a GP will receive an invitation to attend a screening centre for mammography every three years. If you are in this age group, your name will be taken from your GP's list and you will receive an invitation. It is very important that your GP always has your correct address.

The breast screening service is being introduced throughout the country. It will of course take time to get such a major new service running. It may therefore be some time before you get your first invitation. In 1990 all services should be operational. It will take a full 3 years to screen all women aged 50 to 64 for the first time. So all women in the age group who are registered with a GP should receive an invitation by the end of 1993.

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## WHAT HAPPENS WHEN YOU GO FOR BREAST SCREENING?

The screening centre may be in a hospital or clinic, or it may be a mobile unit. On arrival a nurse or radiographer will explain to you what will happen and will ask you a few questions. Feel free to ask them any questions you may have about the service.

When you are ready and comfortable the radiographer will compress first one and then the other breast between two special plates and take the x-rays. Some women may find the test a bit uncomfortable, but most do not. Try to relax, since the test only lasts a few minutes.

When you have had the mammogram you should be told how and approximately when you will get the results. Make sure you have been given this information before you leave.

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## AFTER MAMMOGRAPHY – THE RESULTS

Most women will receive a normal result and will be automatically recalled in three years' time.

Some women will need to have the test repeated for a technical reason before the results can be given. For example there may have been a problem with the x-ray film.

Some women will be called back because the appearance of the x-ray suggests that tissue in the breast needs further investigation. Do not be surprised if you are called back and then told that there's nothing to worry about: most women will be found not to have any problems and will then be recalled in three years' time.

If you are called back, and found to need further specialist treatment, you will be cared for by a team who will be working with you and for you, to ensure that you are given the best care and treatment at all times.

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## BREAST CARE

Like other medical tests, mammography is not 100% accurate. You should be alert to any changes in your breast, since breast cancer can still develop at any time. If you notice anything which is unusual such as a lump, pain, discharge from the nipple or abnormal appearance or sensation, you should arrange to see your GP as soon as you can.

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## FURTHER INFORMATION AND SUPPORT

If you have any questions about the service, ask your GP or contact your local screening office. Your health visitor, district nurse or well woman clinic should also be able to answer your questions.

*The breast screening service is being set up nationally for the early detection and treatment of breast cancer in the UK. When you receive an invitation to go for screening, do accept it. It's well worth it.*

*Breast screening makes sense, it could save your life.*

If you're between 50-69,  
have a breast x-ray  
just to check.  
It's free.



**Breast X-ray Program,**  
Essendon & District  
Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Phone: 375 1900

A combined initiative of the Anti-Cancer Council of Victoria  
and the Amalgamated Melbourne and Essendon Hospitals.  
Funded by the Victorian Health Promotion Foundation.

Date 10.88 HRC

## Why should I have a breast x-ray?

Peace of mind.

A breast x-ray (mammogram) can detect early breast changes before you can feel or notice anything unusual.

This early detection means small cancers can be removed before they spread.

Most women simply have the x-ray and are reassured they don't have breast cancer.

The x-ray is a safe and easy procedure.

It's free.

## Am I eligible for a free breast x-ray?

YES, if you live in one of the areas listed here, and are between 50-69:

City of Essendon

City of Footscray

City of Sunshine

City of Broadmeadows

City of Brunswick

City of Keilor

Shire of Bulla

## How do I go about having an x-ray?

Simply phone the Breast X-ray Program at the Essendon Hospital on 375 1900 and make an appointment.

With so many very good reasons to call, it's a decision you won't regret.

## What will it cost me?

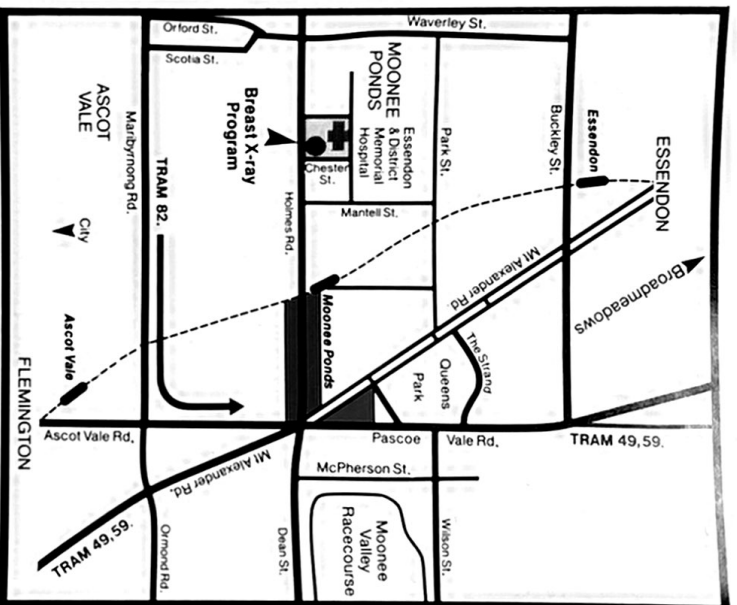
Only a little of your time.  
The Program is absolutely free.

## Where do I go for my breast x-ray?

You'll find the Program located at Essendon & District Memorial Hospital, on the corner of Chester Street and Holmes Road, Moonee Ponds.  
Please follow the map on the back of this brochure.

## What should I do before the appointment?

Please do not use talcum powder or spray deodorant on the day of the x-ray as it can show up on the picture.  
Wear a skirt or trousers and shirt as you will need to undress from the waist up.  
Please bring your doctor's address with you.



## Your appointment time

If you have any questions at all,  
please don't hesitate to call us on 375 1900.  
Why not encourage a friend to make  
an appointment and bring her along?



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# What happens at the Breast X-ray Program.

## **Why should I have a breast x-ray?**

It is a very effective way of detecting changes in breast tissue before you feel or notice anything unusual.

Early detection means that very small lumps can be removed before they spread. Most changes detected in breast tissue are not cancer.

## **What will happen to me at the program?**

Firstly a receptionist will explain how the program operates.

Then you will be shown into a changing room where a gown will be provided to wear after you undress from the waist up. The Breast X-ray Program is staffed solely by women.

## **How is the x-ray taken?**

A radiographer will take you into the x-ray room where she will help you into the right x-ray position.

When you are ready and feeling comfortable, each breast in turn will be

positioned between two plates on the x-ray machine and the picture will be taken. This will allow all the breast tissue to be seen in the picture.

## **How long will I be at the clinic?**

The actual x-ray takes only a few minutes. Your whole visit to The Program should only take half an hour to an hour.

## **How does it feel?**

You may find it uncomfortable because the breast is held quite firmly for a few seconds while the x-ray is taken.

## **Is the x-ray safe?**

Yes it is.

With our modern machinery, the amount of radiation delivered to the breast is very low. The dose of radiation from a breast x-ray is far less than that received from normal background radiation through living in Melbourne for 12 months.

Of course the benefits of having a breast x-ray every two years far outweigh any risks from being exposed to very small amounts of radiation.

## **When will I get my results?**

You will receive a letter in about 10 days with your results, probably confirming that all is well.

You may be called back for a second check. This could be because of the quality of the x-ray or because something needs following up.

**REMEMBER:** Most women called back do not have breast cancer.

## **Will my doctor be involved?**

It's entirely up to you.

We do like to involve your doctor.

If you wish, we will send a copy of your results to your doctor.

Please bring your doctor's name and address with you.

If any treatment should be necessary, you are certainly free to see the doctor of your choice.

## **Does it matter if I have had previous breast operations?**

No. Mammography is useful even though you have had previous breast surgery.

## What will it cost me?

Only a little of your time.  
The Program is absolutely free.

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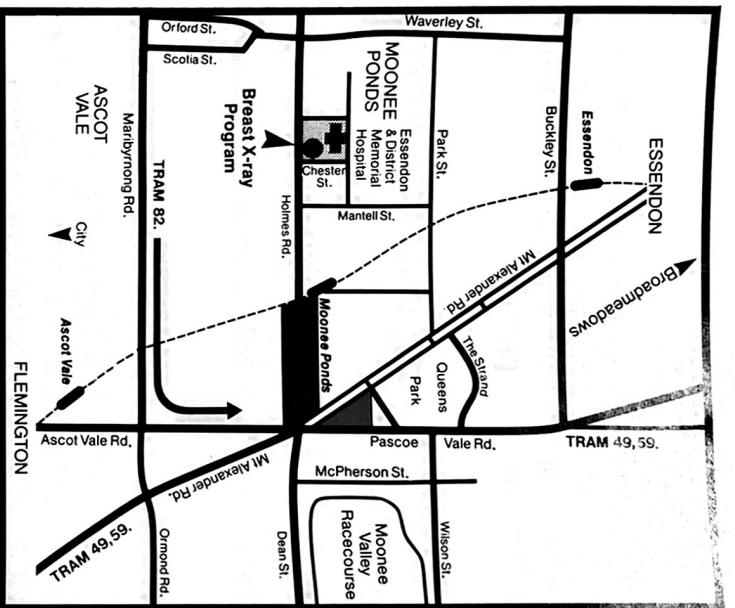
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- Moonee Ponds Junction
- Puckle St Shopping Centre
- Essendon & District Memorial Hospital

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Susan,  
here are the 3 reports  
compiled for us by CBRC  
in relation to our pinked  
pancreatic resources.  
I will get back to you  
with a list of the ~~sub~~ protocols  
which are included or omitted  
because of the use of  
LCR's. Please contact myself or  
Dorothy if you would like more  
information. Here with

Susan,  
You may also have recognised  
the inclusion of Constat  
as a resource of the  
Breast x-ray Program in a  
recent letter which I circulated  
to members of the management  
committee. This was a mistake  
for which I apologise, G.G. is  
aware of it.  
Yours  
Sue

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Kalkallo	Oak Park
Kealba	Pascoe Vale
Keilor	Pascoe Vale South
Keilor Downs	Robinson
Keilor East	Seddon
Keilor Park	Seddon West
Kensington	St Albans
Kensington South	Strathmore
Kingsville West	Sunbury
Macauley	Sunshine
Maidstone	Sunshine North
Maribyrnong	Sunshine West
Mickleham	Sydenham
Moonee Ponds	Sydenham West
Moonee Vale	Taylor's Lakes
Moreland East	Tottenham
Moreland West	Travencore
Newmarket	Tullamarine
Niddrie	Westmeadows
North Melbourne	Yarraville
Oaklands Junction	Yuroke



**Programm ta' l-X-ray  
tas-Sider**

Essendon & District  
Memorial Hospital,  
Chester Street,  
Moonee Ponds.  
Telefon: 375 1900

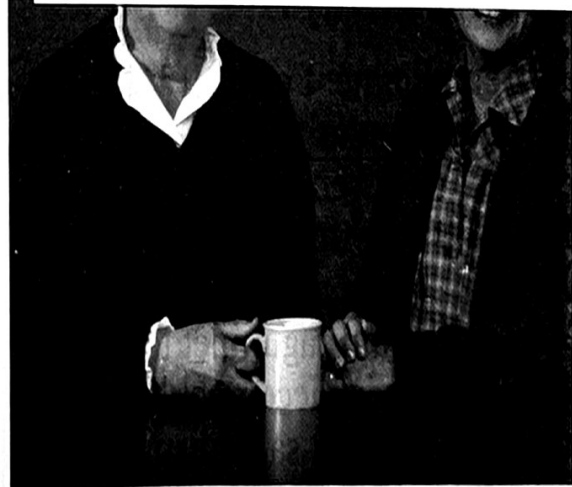
Inizjattiva flimkien tal-Kunsill ta' Victoria Kontra  
l-Kancer u l-Isptarijiet Amalgamati ta' Melbourne u  
Essendon. Iffinanzjati mill-Fondazzjoni ta' Victoria  
ghall-Promozzjoni tas-Sahha.

**Jekk ghandek bejn  
50 u 69 sena eta',  
hu X-ray ta' sidrek  
biex ticcekkja.**

*Dan isir b'xejn*

*Susan*  
*for your info*

*Robbie*



IF YOU ARE BETWEEN 50-69

MALTESE

## **Ghaliex ghandi niehu X-ray ta' sidri?**

Biex isserrah rasek.

L-X-ray tas-sider  
(mammogramma) jista' jsib l-ewwel  
tibdil fis-sider qabel ma inti tista'  
thoss jew tara xi haga li mhix  
tas-soltu.

Meta tinduna kmieni bihom,  
il-kancrijiet zghar ikunu jistghu  
jitnehhew qabel ma jinfirxu.

Il-maggoranza tan-nisa  
sempliciment jiehdu l-X-ray u jserrhu  
rashom li m'ghandhomx kancer  
f'sidirhom.

L-X-ray huwa procedura zgura u  
hafifa.

Issir bla hlas.

## **X'ghandi naghmel biex niehu L-X-ray?**

Sempliciment cempel  
lill-Programm ta' l-X-ray tas-Sider  
fl-Isptar ta' Essendon fin-numru  
375 1900 u aghmel appuntament.

Tant hemm ragunijiet tajba  
ghaliex ghandek icempel li din hi  
decizjoni li mhux sa jiddispjacik li  
ghamiltha.

## **Jiena eligibbli biex niehu X-ray ta' sidri b'xejn?**

IVA, jekk inti tghix f'wiehed  
mis-subborgi msemmijin f'din il-lista,  
u jekk ghandek bejn 50 u 69 sena eta':

Aberfeldie	Cross Keys
Airport West	Dallas
Albanvale	Deer Park
Albion	Deer Park East
Anstey	Deer Park North
Ardeer	Diggers Rest
Arundel	Donnybrook
Ascot Vale	Doutta Galla
Attwood	Essendon
Avondale Heights	Essendon North
Braybrook	Flemington
Broadmeadows	Footscray
Brooklea	Footscray West
Brunswick	Gladstone Park
Brunswick East	Glenbervie
Brunswick South	Glenroy
Brunswick West	Greenvale
Bulla	Hadfield
Coolaroo	Highpoint West
Coonans Hill	Hotham Hill
Craigieburn	Jacana

## Kemm inkun irrid inhallas?

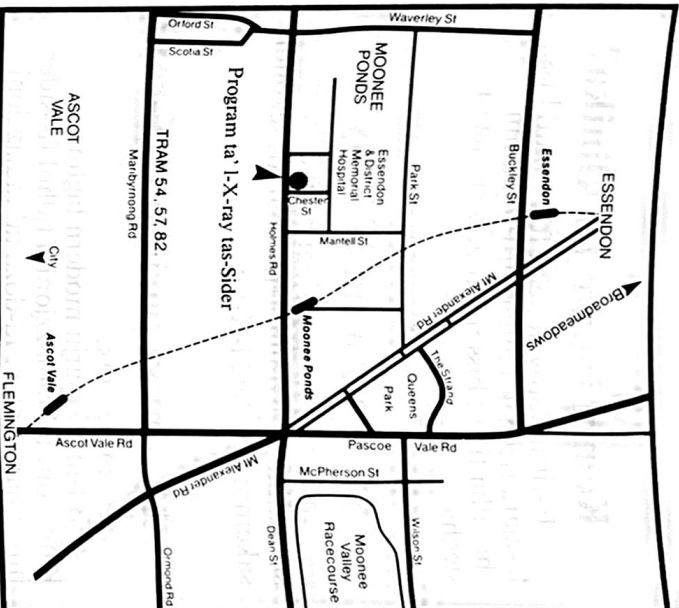
Tkun tiswielek biss fit mill-hin tieghek. Il-Programm huwa assolutament b'xejn.

## Fejn ghandi mmur ghall-X-ray ta' sidri?

Issib li l-Programm qiegħed fl-Essendon & District Memorial Hospital, fil-kantuniera ta' Chester Street u Holmes Road, Moonee Ponds. Jekk jogħġbok imxi mal-mappa li hawn wara f'dan il-fuljett.

## X'ghandi nagħmel qabel l-appuntament?

Jekk jogħġbok tuzax 'talcum powder' jew 'spray deodorant' fil-gurnata ta' l-X-ray għaliex dawn jigu jidhru fir-ritratt. Ilbes dublett jew galziet twil u gmis għaliex tkun trid tinza mill-qadd 'il fuq. Jekk jogħġbok gib mieghek l-isem u l-indirizz tat-tabib tieghek.



## Il-hin ta' l-appuntament tieghek

Jekk għandek xi haga x'tistaqsi, jekk jogħġbok toqgħodx titħasseb, cemplilna fin-numru 375 1900. Għaliex ma thajjarx xi habiba biex tagħmel appuntament u ggibha mieghek?



**Program ta' l-X-ray tas-Sider**  
Essendon & District Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Telephone: 375 1900

Inizjattiva flimkien tal-Kunsill ta' Victoria Kontra l-Kancer u l-Ispazjarjet A'malgamati ta' Melbourne u Essendon, flimnanzjati mill-Fondazzjoni ta' Victoria għall-Promozzjoni tas-Saħħa.

## Xi jsir fil-programm ta' l-X-ray tas-sider



WHAT HAPPENS AT THE BREAST X-RAY MALTESE

## Ghalix ghandi niehu

### X-Ray ta' sidri?

Dan hu mod tajjeb hafna li bh tista' tinduna b'xi tibdli fit-tessut (tissue) ta' sidrek qabel ma thoss jiew tara xi haga li mhix tas-soltu.

Meta tinduna kmieni jfisser li ghoqdiel zghar hafna jkun jistghu jinehew qabel ma jinfirxu. Il-maggoranza ta' bidliet fit-tessut tas-sider m'humix kancer.

### Xi tkun tinvolvi z-zjara tieghi lill-programm?

L-ewwel nett il-mara li tilqa' n-nies tfisserlek kif jahdem il-programm.

Imbaghad, idahluk f'kamra fejn tiddel u jaghtuk libsa ta' mara biex tilbisha wara li tkun inzajt mill-qadd 'il fuq. Il-Programm ta' l-X-ray tas-Sider jimpega nisa biss.

### Kif jittiehed L-X-ray?

Mara li thaddem l-apparat ta' l-X-ray (radiographer) tiehdok fil-kamra ta' l-X-ray u tghinek toghhod fil-pozizzjoni li hemm bzonn ghall-X-ray.

Meta inti tkun lesta u tkun qed thoss ruhek komfortabbli, l-ewwel sider wiehed imbaghad l-iehor wara xulxin jitpoggew bejn zewg plakki fuq il-makna ta' l-X-ray u jittiehed ir-ritratt. B'hekk it-tessut kollu tas-sider jigi jgher fir-ritratt.

### Kemm indum fil-klinika?

Ir-ritratt attwali jiehu fit minuti biss. Iz-zjara tieghek kollha lill-Programm ghandha tiehu biss minn nofs siegha sa siegha.

### Xi thoss waqt l-X-ray?

Inti thoss fit pressjoni minhabba li sidrek ikun mizmuum ferm ghal fit sekondi sakemm jittiehed l-X-ray.

### Hemm xi periklu fl-X-ray?

Le, m'hemmx.

Bil-makkinarju modern taghna, l-ammont ta' radjazzjoni li tidhol fis-sider huwa baxx hafna. Id-doza ta' radjazzjoni minn X-ray tas-sider hija hafna inqas min dik li tiehu mill-parti l-kbira tal-proceduri l-ohra ta' l-X-ray.

M'hemmx ghalfejn nghidu, is-sogri ta' meta tesponi ruhek ghal ammonti zghar ta' radjazzjoni m'humax xejn fejn il-beneficji ta' meta tiehu X-ray tas-sider kull sentejn.

### Meta jkollli r-rizultati tieghi?

Fi zmnien ghaxart ijem tircievi ittra bir-rizultati tieghek, probabilmnt tikkonferma li kollox huwa sewwa.

Tista' tkun imsejha biex terga' tmur halli jergghu jezamminawk. Dan jista' jigi minhabba l-kwalita ta' l-X-ray jew minhabba li jkun hemm xi haga li jkollhom bzonn isegwuha.

FTAKKAR: Il-maggoranza tan-nisa li jghidulhom biex imortu halli jergghu jarawhom ma jkollhomx kancer tas-sider.

### It-tabib tieghi ikollu x'jaggsam?

Dik hi affari tieghek ghal kollox.

Ahna niehdu pjacir ninvolvu t-tabib tieghek. Jekk tkun trid, ahna nibaghtu kopja tar-rizultati tieghek li-tabbib tieghek.

Jekk joghgbok gib l-isem u l-indirizz tat-tabib tieghek mieghek.

Jekk ikun hemm bzonn ta' xi kura, tista' toghhod zgura li inti tkun fil-liberta li tara liema tabib taghzel int.

### Jimporta jekk kelli xi operazzjoni f'sidri gabel?

Le. Il-mammografija hija ta' siwi wkoll jekk tkun ga kellek xi operazzjoni f'sidrek gabel.

## ¿Cuánto me costará?

Tan solo un poco de su tiempo. El programa es absolutamente gratuito.

## ¿A dónde voy para hacerme las radiografías de los senos?

El programa está ubicado en el Hospital "Essendon & District Memorial", en la esquina de Chester Street y Holmes Road, Moonee Ponds.

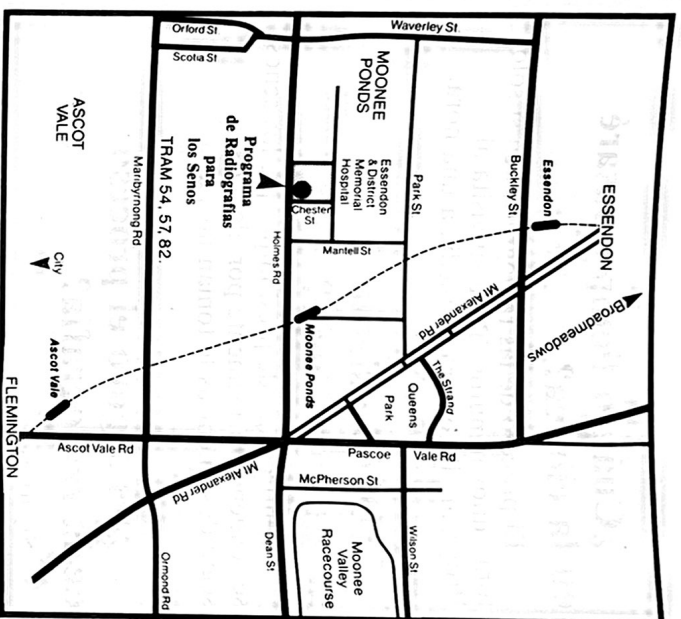
Sírvase seguir el mapa del reverso de este folleto.

## ¿Qué debo hacer antes de la cita?

Por favor, no se ponga talco o desodorante de aerosol en el día de las radiografías, porque pueden salir en las placas.

Vista con falda o pantalones y blusa, de esta forma podrá desvestirse de la cintura para arriba.

Sírvase traer la dirección de su médico.



## Fecha Y hora de su cita

Si tuviese alguna pregunta al respecto, no dude en llamarnos al 375 1900.

¿Por qué no anima a una amiga para que haga una cita? Así vienen acompañadas. żeby umówiła się na wizytę i przysłała z

Pan



**Programa de Radiografías para los Senos**  
Essendon & District Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Teléfono: 375 1900

Esta es una iniciativa conjunta del Consejo Anti-Cáncer de Victoria (Anti-Cancer Council of Victoria) y de los hospitales analógicos de Essendon y Essendon. Financiado por la Fundación de Promoción de Salud de Victoria (Victorian Health Promotion Foundation).

## ¿Qué hacen en el programa de radiografías a los senos?



WHAT HAPPENS AT THE BREAST  
X-RAY PROGRAM SPANISH

## **¿Por qué debo hacerme una radiografía a los senos?**

Es una forma muy eficaz de detectar cambios en los tejidos de los senos antes de que Ud. sienta o note algo fuera de lo común.

La temprana detección significa que se pueden extirpar los pequeños bultos antes de que avancen. La mayoría de los cambios que se detectan en los tejidos de los senos no son cáncer.

## **¿Qué implica mi visita al programa?**

Primeramente una recepcionista le explicará como funciona el programa.

Luego le dirigirán a una habitación para cambiarse, en donde le darán un batín para que se lo ponga, después de que se haya desvestido de la cintura para arriba. El

Programa de Radiografías para los Senos comprende únicamente de personal femenino.

## **¿Cómo se toma la radiografía?**

Una radiografía le conducirá a la habitación de radiografías, en donde le ayudará a colocarse en la posición correcta para que se tome la radiografía.

Cuando ya esté lista y se sienta cómoda, le colocarán cada seno a la vez entre dos placas en la máquina de radiografías y se tomarán las radiografías. Esto permite que se vean todos los tejidos de los senos en las placas.

## **¿Cuánto tiempo pasaré en la clínica?**

El proceso de las radiografías en si solo toma unos minutos. Toda su visita al Programa le tomará de media a una hora.

## **¿Qué se siente al radiografiarse?**

Sentirá algo de presión porque los senos se sostienen firmemente por algunos segundos mientras le toman las placas.

## **¿Es seguro el proceso de la radiografía?**

Si, lo es.

Con nuestra moderna maquinaria, el grado de radiación dirigida a los senos es muy poco (mucho menos que lo que se recibe en la mayoría de los procedimientos de radiografía).

Lógicamente los beneficios al hacerse las radiografías de los senos cada dos años exceden cualquier riesgo por exponerse a muy pequeños grados de radiación.

## **¿Cuándo me darán los resultados?**

Recibirá una carta en aproximadamente 10 días con los resultados, probablemente le confirmarán que todo está bien.

Pueda que le pidan que vuelva a hacerse un segundo control. Esto sería por la pobre calidad de la radiografía anterior, o porque algo necesita más investigación.

RECUERDE: La Mayoría de las mujeres que se les pide que vuelvan no tienen cáncer de los senos.

## **¿Se le informará a mi médico?**

Esto depende enteramente de Ud.

Nos gusta informar a su médico. Si lo desea enviaremos una copia de sus resultados a su médico. Sirvase traer el nombre y dirección de su médico.

Si fuese necesario cualquier tratamiento, Ud. por supuesto tiene libertad de ver al doctor de su elección.

## **¿Importa si me han hecho previas operaciones a los senos?**

No, la mamografía es útil aunque le hayan hecho cirugía a los senos previamente.

Kalkallo	Oak Park
Kealba	Pascoe Vale
Keilor	Pascoe Vale South
Keilor Downs	Robinson
Keilor East	Seddon
Keilor Park	Seddon West
Kensington	St Albans
Kensington South	Strathmore
Kingsville West	Sunbury
Macauley	Sunshine
Maidstone	Sunshine North
Maribyrnong	Sunshine West
Mickleham	Sydenham
Moonee Ponds	Sydenham West
Moonee Vale	Taylor's Lakes
Moreland East	Tottenham
Moreland West	Travencore
Newmarket	Tullamarine
Niddrie	Westmeadows
North Melbourne	Yarraville
Oaklands Junction	Yuroke



**Programa de Radiografías a los Senos,**  
Essendon & District  
Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Teléfono: 375 1900

Esta es una iniciativa conjunta del Consejo Anti-Cáncer de Victoria (Anti-Cancer Council of Victoria) y de los hospitales amalgamados de Melbourne y Essendon. Financiado por la Fundación de Promoción de Salud de Victoria (Victorian Health Promotion Foundation).

**Si Ud. tiene de 50 a 69 años de edad, tómese una radiografía a los senos — tan solo para hacerse un control. Es gratuita.**



IF YOU'RE BETWEEN 50—69

SPANISH

## **¿Por qué debo tomarme una radiografía de los senos?**

Por tranquilidad mental.

Una radiografía a los senos (mamograma) puede detectar cambios a los senos al comienzo, antes de que Ud. sienta o note algo fuera de lo común.

Esta temprana detección significa que el cáncer de pequeño tamaño puede extirparse antes de que avance.

La mayoría de mujeres se hacen las radiografías y se les tranquiliza que no tienen cáncer a los senos.

La radiografía es un procedimiento seguro y fácil de ejecutar.

Es gratuita.

## **¿Qué debo hacer para sacarme la radiografía?**

Simplemente llame al Programa de Radiografías para los Senos (Breast X-ray Program), en el hospital de Essendon: 375 1900 y haga una cita.

Al tener tan buenas razones para llamar, es una decisión de la cual Ud. no se arrepentirá.

## **¿Tengo derecho a una radiografía de los senos gratuita?**

Si, si vive en uno de los barrios señalados a continuación, y si tiene de 50 a 69 años.

Aberfeldie	Cross Keys
Airport West	Dallas
Albanvale	Deer Park
Albion	Deer Park East
Anstey	Deer Park North
Ardeer	Diggers Rest
Arundel	Donnybrook
Ascot Vale	Doutta Galla
Attwood	Essendon
Avondale Heights	Essendon North
Braybrook	Flemington
Broadmeadows	Footscray
Brooklea	Footscray West
Brunswick	Gladstone Park
Brunswick East	Glenbervie
Brunswick South	Glenroy
Brunswick West	Greenvale
Bulla	Hadfield
Coolaroo	Highpoint West
Coonans Hill	Hotham Hill
Craigieburn	Jacana

## Bana masrafı ne olacak?

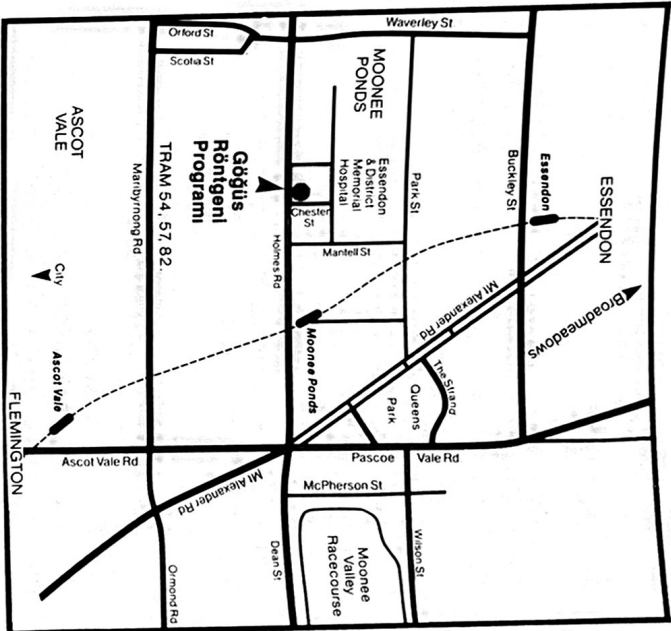
Yalnız biraz zamanınızı vereceksiniz. Bu program tamamen ücretsizdir.

## Göğüs röntgenim için nereye gitmeliyim?

Program Essendon Bölge Hastanesindedir (Essendon and District Memorial Hospital). Bu hastaneyi Moonee Ponds semtinde Chester Street ve Holmes Road köşesinde bulacaksınız. Lütfen bu broşürün arkasındaki haritayı izleyiniz.

## Randevuya gelmeden önce ne yapmalıyım?

Röntgen gününde talk pudrası ve püskürtülen tipte deodoran kullanmayınız. Bu maddeler resimde gözükebilir. Belinizden yukarı soyunacağınız için bir etek ya da pantolon ile bir bluz giyiniz. Lütfen doktorunuzun adresini yanınızda getiriniz.



### Randevu zamanınız

Eğer sormak istediğiniz herhangi bir soru varsa, 375 1900 numaradan bizi aramaktan çekinmeyiniz. Bir arkadaşınızı randevu almaya teşvik ederek beraberinizde getirmek istemez misiniz?



**Göğüs Röntgen Programı**  
Essendon & District  
Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Telefon: 375 1900

Bu program, Viktorya Kanserle Savaş Kurumu (Victorian Anti-Cancer Council) ile Birleşik Melbourne ve Essendon Hastanelerinin ortak girişimidir. Parasal destek, Viktorya Sağlık İlerleme Kurumu (Victorian Health Promotion Foundation) tarafından sağlanmıştır.

## Göğüs Röntgen Programında ne olur?



WHAT HAPPENS AT THE BREAST  
X-RAY PROGRAM

TURKISH

## Niçin bir göğüs röntgeni çekirmeliyim?

Bu, göğüs dokusundaki değişimleri, siz olmayan dışı bir şey duyup farketmeden önce bulabilmenin çok etkin bir yoludur.

Erken bulgu, çok ufak yumruların yayılmadan önce alınabilmesi demektir. Göğüs dokusunda bulunan değişimlerin çoğu kanser değildir.

## Programma gittiğimde neler olacak?

Önce bir resepsiyon görevlisi programın nasıl yürüttüğünü anlatacak.

Sonra size bir soyunma odası gösterip, belden yukarı soyunduktan sonra giyeceğiniz bir giysi verecekler. Göğüs Röntgeni Programındaki bütün görevliler kadındır.

## Röntgen nasıl çekilir?

Bir röntgen uzmanı sizi röntgen odasına götürerek röntgen için gerekli olan şekilde durmanıza yardım edecektir.

Hazır ve rahat olduğunuz zaman, sırayla her göğsünüz röntgen makinesinin iki levhası arasına yerleştirilerek resim çekilecektir. Bu işlem tüm göğüs dokusunun resimde görülmesini sağlayacaktır.

## Klinikte ne kadar kalacağım?

Röntgen işlemi yalnız birkaç dakika sürer. Programı ziyaretinizin tümü yarım saate bir saat arasında bir süreyi geçmez.

## Röntgen sırasında ne duyarım?

Röntgen çekilirken göğüs bir kaç saniye kadar çok sıkı bir şekilde tutulduğundan biraz baskı duyarsınız.

## Röntgen zararsız mıdır?

Evet, zararsızdır. Modern makinelerimizle göğüse verilen radyasyon çok düşük bir ölçüdedir. Göğüs röntgeninde kullanılan radyasyon, diğer röntgen işlemlerinin çoğunda kullanılan miktarın çok altındadır.

Tabii her iki yılda bir göğüs röntgeni çekilmenin yararları, çok az miktarda radyasyon almanın karşınıza çıkarabileceği herhangi bir tehlikeden çok daha fazladır.

## Sonuçlarımı ne zaman alacağım?

10 gün içinde, sonuçlarınızı bildiren bir mektup alacaksınız. Bu mektup, büyük bir ihtimalle, her şeyin yolunda olduğunu belirticek. İkinci bir kontrol için çağrılırsınız. Bu çağrının nedeni, röntgen kalitesinin düşüklüğü ya da izlenmesi gereken bir durumun varlığı olabilir.

UNUTMAYINIZ: Tekrar çağrılan kadınların çoğunluğunda göğüs kanseri yoktur.

## Doktorum katılacak mı?

Bu tamamen size bağlıdır. Biz doktorunuzun katılımını isteriz. İsterseniz, sonuçlarınızın bir kopyasını doktorunuza göndeririz.

Lütfen doktorunuzun isim ve adresini yanınızda getiriniz. Eğer herhangi bir tedavi gerekirse, tabii dilediğiniz doktoru görmekte serbessiniz.

## Daha önce bir göğüs

## ameliyatı geçirmiş olmam bir sorun yaratır mı?

Hayır. Göğüs röntgeni (mammography), daha önce göğüs ameliyatı geçirmiş olsanız bile yararlıdır.

Kalkallo	Oak Park
Kealba	Pascoe Vale
Keilor	Pascoe Vale South
Keilor Downs	Robinson
Keilor East	Seddon
Keilor Park	Seddon West
Kensington	St Albans
Kensington South	Strathmore
Kingsville West	Sunbury
Macauley	Sunshine
Maidstone	Sunshine North
Maribyrnong	Sunshine West
Mickleham	Sydenham
Moonee Ponds	Sydenham West
Moonee Vale	Taylor's Lakes
Moreland East	Tottenham
Moreland West	Travencore
Newmarket	Tullamarine
Niddrie	Westmeadows
North Melbourne	Yarraville
Oaklands Junction	Yuroke

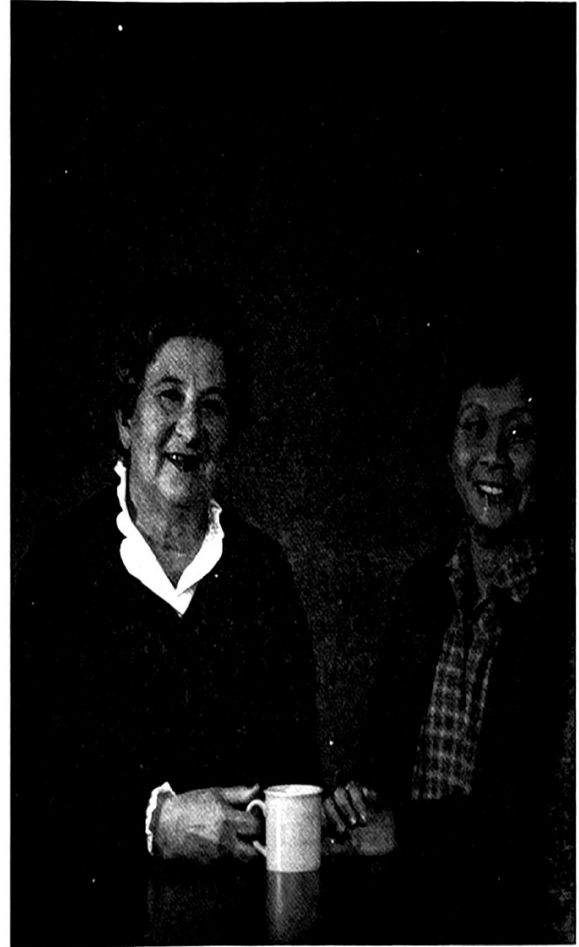


### **Göğüs Röntgeni Programı**

Essendon & District  
Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Telefon: 375 1900

Bu program, Viktorya Kanserle Savaş Kurumu (Victorian Anti-Cancer Council) ile Birleşik Melburn ve Essendon Hastanelerinin ortak girişimidir. Parasal destek, Viktorya Sağlık İlerletme Kurumu (Victorian Health Promotion Foundation) tarafından sağlanmıştır.

**Eğer 50 ve 69 yaşları  
arasındaysanız, kontrol  
için bir göğüs röntgeni  
çektiriniz.  
Ücretsizdir.**



IF YOU'RE BETWEEN 50-69 . . .

TURKISH

## **Neden göğüs röntgeni çektermeliyim?**

Yürek huzuru için.

Göğüs röntgeni (mammogram), göğüsteki erken safhadaki değişimleri, siz olağan dışı bir şey duyup farketmeden önce bulabilir.

Bu erken bulgu, ufak kanserlerin yayılmadan önce alınabilmesi demektir.

Kadınların çoğu bir röntgen çektirip göğüs kanseri olmadıklarından kesin emin olurlar.

Bu röntgen tehlikesiz ve kolay bir işlemdir.

Ücretsizdir.

## **Röntgen çekirmek için ne yapmalıyım?**

Essendon Hastanesindeki Göğüs Röntgeni Programını 375 1900 numaradan arayarak bir randevu alınız.

Aramanız için çok çeşitli ve çok iyi nedenler olduğundan, bu sizin pişman olmayacağınız bir karardır.

## **Ücretsiz bir göğüs röntgenine hakkım var mı?**

Eğer aşağıda yazılı semtlerden birinde oturuyorsanız ve 50-69 yaşları arasındaysanız, EVET.

Aberfeldie	Cross Keys
Airport West	Dallas
Albanvale	Deer Park
Albion	Deer Park East
Anstey	Deer Park North
Ardeer	Diggers Rest
Arundel	Donnybrook
Ascot Vale	Doutta Galla
Attwood	Essendon
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Brunswick South	Glenroy
Brunswick West	Greenvale
Bulla	Hadfield
Coolaroo	Highpoint West
Coonans Hill	Hotham Hill
Craigieburn	Jacana

## Quanto mi costerà?

Soltanto un pizzico del tuo tempo. Il programma è assolutamente gratuito.

## Dove dovrò recarmi per sottopormi alla radiografia del seno?

Troverete il Programma situato all'Ospedale di Essendon & District Memorial, angolo Chester Street e Holmes Road, Moonee Ponds.

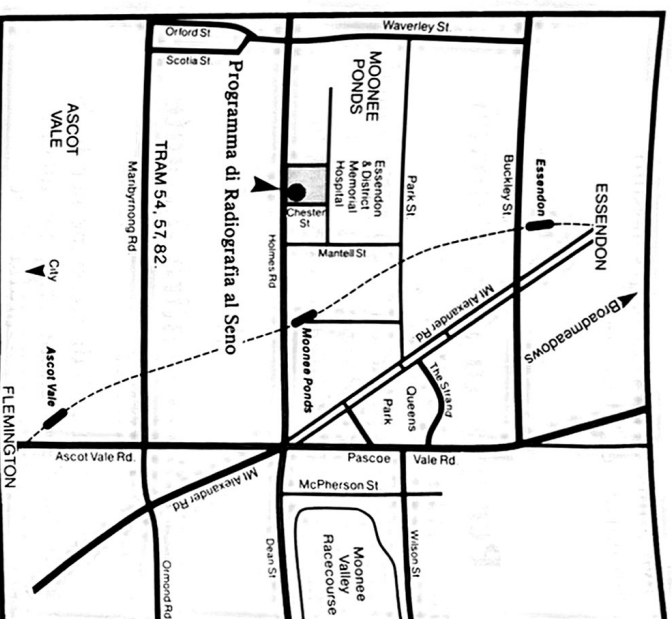
Seguite la mappa a retro di questo opuscolo.

## Che cosa dovrei fare prima dell'appuntamento?

Siete pregate di non usare talco o deodorante 'spray' il giorno in cui sarete sottoposta alla radiografia.

Indossate una gonna o pantaloni e camicetta dato che dovrete spogliarvi dalla vita in su.

Portate con voi l'indirizzo del vostro dottore.



## L'ora ed il giorno per il vostro appuntamento è

Se avete domande da fare, non esitate a chiamarci al 375 1900. Perché non incoraggiate un'amica a fare un'appuntamento e venire con voi? .....



**Programma di Radiografia al Seno,**  
Essendon & District Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Telefono: 375 1900

Un'iniziativa di comune accordo fra l'Anti-Cancer Council del Victoria e gli ospedali Amalgamati di Melbourne e Essendon. Sovvenzionata dalla "Victorian Health Promotion Foundation".

## Ché cosa avviene durante il Programma di Radiografia al Seno?



WHAT HAPPENS AT THE BREAST X-RAY PROGRAM

ITALIAN

## **Perché dovrei sottopormi ad una radiografia al seno?**

È il metodo più efficace per rivelare i cambiamenti che avvengono nel tessuto mammario ancor prima di sentire o notare qualcosa di strano.

Queste rivelazioni significano che piccoli noduli possono essere asportati prima che si diffondano. La maggior parte dei cambiamenti rivelati nel seno non sono cancerogeni.

## **In che cosa consiste la mia prima visita al Programma?**

Innanzitutto, l'impiegata vi spiegherà come funziona il programma.

Poi verrete accompagnate in un camerino dove vi sarà fatto indossare una vestaglia dopo esservi spogliate dalla vita in su. Il personale del Programma di Radiografia al Seno è esclusivamente femminile.

## **Come vengono prese le radiografie?**

Una radiografia vi condurrà nella stanza ove vengono effettuate le radiografie e vi aiuterà a mettervi nella posizione più adatta per effettuare le radiografie.

Quando siete pronte e comode, ogni mammella sarà, a suo turno, posizionata fra due piatti della macchina di radiografia e la fotografia verrà scattata. Ciò consentirà

di avere una veduta totale del tessuto mammario nella fotografia.

## **Per quanto tempo dovrò rimanere in clinica?**

La radiografia durerà solo pochi minuti. La visita totale al Programma dovrebbe solo durare dalla mezz'ora ad un'ora di tempo.

## **Che cosa sentirò durante la radiografia?**

Sentirete un pò di pressione perchè la mammella viene tenuta ferma per alcuni secondi mentre la radiografia viene effettuata.

## **La radiografia è priva di pericolo?**

Sì, lo è.

Con le nostre moderne attrezzature, l'apporto di radiazione al seno è minimo. La dose di radiazione ricevuta da una radiografia al seno è notevolmente inferiore a quella ricevuta da altri tipi di radiografie.

Naturalmente, è molto meglio sottoporsi alla radiografia al seno ogni due anni ed esporsi al rischio di dosi minime di radiazione.

## **Quando otterrò i risultati?**

Riceverete una lettera fra 10 giorni circa con i vostri risultati, probabilmente confermando che tutto è a posto.

Potreste essere richiamate a presentarvi per un secondo controllo. Questo potrebbe essere a causa della qualità della radiografia o perchè bisognano ulteriori accertamenti.

**RICORDATEVI:** La maggior parte delle donne richiamate non hanno il cancro alla mammella.

## **Il mio dottore ne sarà coinvolto?**

Dipende da voi.

A noi fa piacere coinvolgere il vostro dottore.

Se desiderate, manderemo una copia dei vostri risultati al vostro dottore.

Siete pregate di portare il nome e l'indirizzo del dottore con voi.

Se necessitano dei trattamenti di cura, sarete certamente libere di scegliere il dottore.

## **Importa se ho avuto in precedenza delle operazioni alla mammella?**

No. La mammografia è utile anche se si hanno avuto delle operazioni al seno in precedenza.

## Πόσο θα μου κοστίζει;

Μόνο λίγο από τον χρόνο σας.  
Το Πρόγραμμα είναι εντελώς δωρεάν.

## Πού θα πάω για την ακτινογράφιση των μαστών μου;

Το Πρόγραμμα λειτουργεί στο  
Essendon & District Memorial Hospital,  
στην γωνία των Chester Street και Holmes  
Road, στο Moonee Ponds.

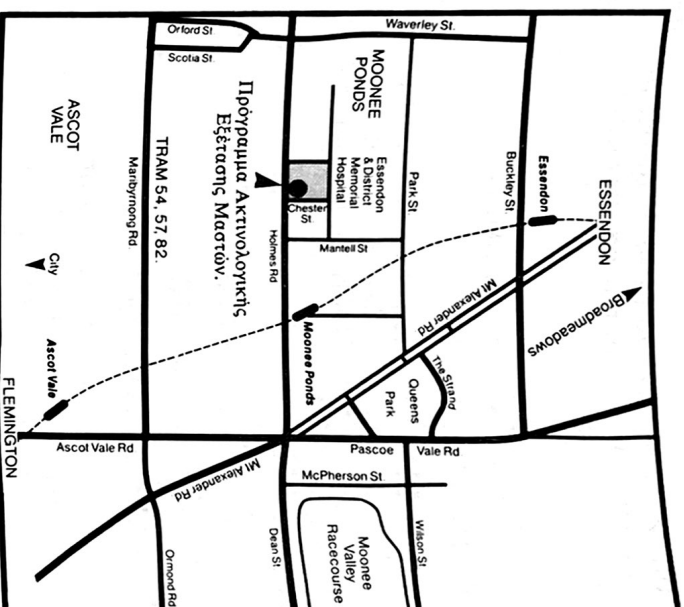
Σας παρακαλούμε να ακολουθήσετε  
τις οδηγίες στο χάρτη που υπάρχει στην  
πίσω πλευρά αυτού του φυλλαδίου.

## Τι πρέπει να κάνω πριν από το ραντεβού;

Σας παρακαλούμε να μην  
χρησιμοποιείτε πούδρα ή αποσμητικό  
στην ημέρα της ακτινογράφισης γιατί  
υπάρχει πιθανότητα να φανεί στην  
ακτινογραφία.

Να βάλετε φούστρα ή παντελόνι και  
μπλούζα γιατί θα χρειαστεί να γυθείτε από  
την μέση και πάνω.

Σας παρακαλώ να φέρετε μαζί σας την  
διεύθυνση του γιατρού σας.



## Η ώρα του ραντεβού σας.

Εάν έχετε οποιοδήποτε ερωτήσεις, μη  
διστάσετε να μας τηλεφωνήσετε στον  
αριθμό 375 1900.

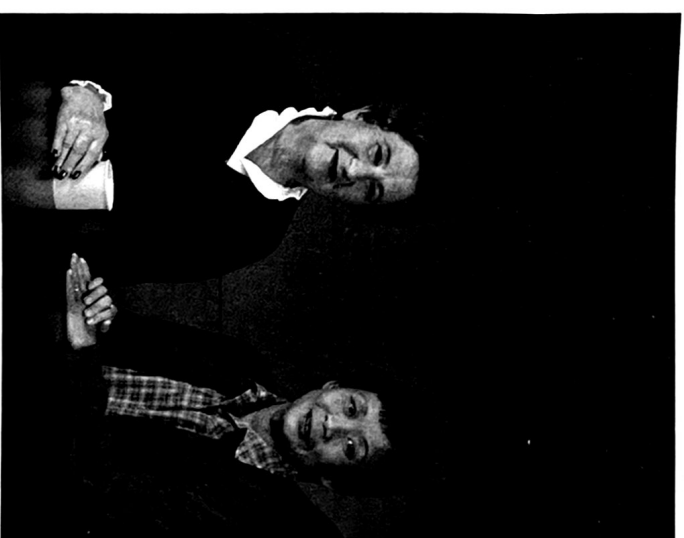
Γιατί δεν εναρμονίστε μια φίλη σας να  
κλείσει ένα ραντεβού και να τη φέρετε μαζί  
σας;



**Πρόγραμμα Ακτινολογικής  
Εξέτασης Μαστών**  
Essendon & District  
Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Τηλέφωνο: 375 1900

Μια συνδυασμένη πρωτοβουλία του Αντικαρκινικού  
Ινστιτούτου Βικτώριας και των Ενωμένων  
Νοσοκομείων Μελβούρνης και Εσεντον.  
Χρηματοδοτείται από το Ίδρυμα Προσταγής  
Υγείας της Βικτώριας.

## Τι γίνεται στο Πρόγραμμα Ακτινολογικής Εξέτασης Μαστών;



WHAT HAPPENS AT THE BREAST  
X-RAY PROGRAM

GREEK

## Γιατί θα πρέπει να κάνω μια ακτινογράφηση μαστών;

Είναι ένας πολύ αποτελεσματικός τρόπος για να εντοπιστούν αλλαγές στους ιστούς του μαστού προτού να αισθανθείτε ή να παρατηρήσετε οτιδήποτε ασυνήθιστο. Η έγκαιρη εντόπιση σημαίνει ότι οι πολύ μικροί όγκοι μπορούν να αφαιρεθούν πριν να εξαπλωθούν. Οι περισσότερες αλλαγές που εντοπίζονται στους ιστούς του μαστού, δεν είναι καρκινός.

## Τι θα περιλαμβάνει η επίσκεψή μου στο πρόγραμμα;

Πρώτον, η υπάλληλος υποδοχής θα σας εξηγήσει πώς λειτουργεί το πρόγραμμα.

Μετά θα σας οδηγήσουν σε ένα δωμάτιο όπου μπορείτε να αλλάξετε και θα σας δώσουν να φορέσετε μια ρόμπα αφού γδυθείτε από την μέση και πάνω. Το προσωπικό του Προγράμματος Ακτινολογικής Εξέτασης Μαστών αποτελείται αποκλειστικά από γυναίκες.

## Πώς γίνεται η ακτινογράφηση;

Η ακτινολόγος θα σας πάρει μέσα στο δωμάτιο ακτινογράφησης όπου θα σας βοηθήσει να πάρετε την κατάλληλη στάση για την ακτινογράφηση. Όταν είστε έτοιμη και αισθάνεστε άνετα, κάθε μαστός θα τοποθετηθεί ανάμεσα σε δύο πλάκες στην μηχανή ακτινογράφησης και θα πάρετε

την ακτινογραφία. Αυτό θα επιτρέψει να φανούν όλοι οι ιστοί των μαστών στην ακτινογραφία.

## Πόση ώρα θα είμαι στην κλινική;

Η ακτινογράφιση αυτή καθ' εαυτή διαρκεί μόνο μερικά λεπτά. Όλη η επίσκεψή σας στο Πρόγραμμα θα πρέπει να πάρει μόνο μισή με μια ώρα.

## Τι θα αισθανθώ κατά την διάρκεια της ακτινογράφησης;

Θα αισθανθείτε κάποια πίεση γιατί ο μαστός κρατείται αρκετά σταθερά για μερικά δευτερόλεπτα ενώ γίνεται η ακτινογράφιση.

## Είναι ακίνδυνη η ακτινογράφιση;

Ναι είναι.

Με τα σύγχρονα μηχανήματά μας η ποσότητα ραδιενέργειας που μεταβιβάζεται στον μαστό είναι πολύ χαμηλή. Η δόση ραδιενέργειας από μια ακτινογράφιση μαστού είναι πολύ λιγότερη από αυτή που δεχόμαστε από τις περισσότερες διαδικασίες ακτινογράφησης. Φυσικά τα πλεονεκτήματα του να βγάσουμε μια ακτινογράφιση μαστών κάθε δύο χρόνια υπερβαίνουν κατά πολύ οποιουδήποτε κινδύνου από την έκθεσή μας σε πολύ μικρές ποσότητες ραδιενέργειας.

## Πότε θα πάρω τα αποτελέσματά μου;

Θα πάρετε ένα γράμμα σε 10 περίπου μέρες με τα αποτελέσματά σας, που πιθανόν θα σας βεβαιώσουν ότι όλα είναι εντάξει.

Μπορεί να σας ζητήσουν να πάτε πίσω για μία δεύτερη εξέταση. Αυτό μπορεί να είναι λόγω της ποιότητας της ακτινογραφίας ή λόγω του ότι κάτι πρέπει να εξεταστεί περαιτέρω.

**ΝΑ ΘΥΜΑΣΤΕ:** Οι περισσότερες γυναίκες που καλούνται πίσω δεν έχουν καρκίνο του μαστού.

## Θα συμμετέχει και ο γιατρός μου;

Εξαρτάται εντελώς από σας.

Θα μας ευχαριστούσε να συμμετέχει και ο γιατρός σας. Αν θέλετε, θα στείλουμε ένα αντίγραφο των αποτελεσμάτων σας στο γιατρό σας.

Σας παρακαλούμε να φέρετε το όνομα και την διεύθυνση του γιατρού σας μαζί σας.

Αν είναι αναγκαία οποιαδήποτε θεραπεία, οπωσδήποτε είστε ελεύθερη να δείτε το γιατρό της εκλογής σας.

## Πειράζει αν είχα προηγούμενες χειρουργικές επεμβάσεις στους μαστούς;

Όχι. Η Μαστογραφία είναι χρήσιμη έστω και αν είχατε προηγούμενες επεμβάσεις μαστού.

# If you're between 50-69, have a breast x-ray just to check. It's free.



This offer is only for women who live in the following suburbs, and are aged between 50-69 years.

Aberfeldie  
Airport West  
Albanvale  
Albion  
Anstey  
Ardeer  
Arundel  
Ascot Vale  
Attwood  
Avondale Heights  
Braybrook  
Broadmeadows  
Brooklea  
Brunswick

Brunswick East  
Brunswick South  
Brunswick West  
Bulla  
Coolaroo  
Coonans Hill  
Craigieburn  
Cross Keys  
Dallas  
Deer Park  
Deer Park East  
Deer Park North  
Diggers Rest  
Donnybrook

Doutta Galla  
Essendon  
Essendon North  
Flemington  
Footscray  
Footscray West  
Gladstone Park  
Glenbervie  
Glenroy  
Greenvale  
Hadfield  
Highpoint West  
Hotham Hill  
Jacana

Kalkallo  
Kealba  
Keilor  
Keilor Downs  
Keilor East  
Keilor Park  
Kensington  
Kensington South  
Kingsville West  
Macauley  
Maidstone  
Maribyrnong  
Mickleham  
Moonee Ponds

Moonee Vale  
Moreland East  
Moreland West  
Newmarket  
Niddrie  
North Melbourne  
Oaklands Junction  
Oak Park  
Pascoe Vale  
Pascoe Vale South  
Robinson  
Seddon  
Seddon West  
St Albans

Strathmore  
Sunbury  
Sunshine  
Sunshine North  
Sunshine West  
Sydenham  
Sydenham West  
Taylor's Lakes  
Tottenham  
Travencore  
Tullamarine  
Westmeadows  
Yarraville  
Yuroke

 **Breast X-ray Program.**  
Essendon & District  
Memorial Hospital,  
Chester Street,  
Moonee Ponds,  
Phone: 375 1900

A combined initiative of the Anti-Cancer Council of Victoria  
and The Amalgamated Melbourne and Essendon Hospitals.  
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Date 12 88 HBC

PHONE THE BREAST X-RAY PROGRAM, 375 1900 FOR YOUR APPOINTMENT.