



BreastScreen SA

Breast cancer screening

Karen Woodcock

Promotions and Education Manager



Government
of South Australia

SA Health



Breast cancer in SA

- > Leading cause of cancer death in women
- > Affects one in 11 women by age 75
- > In 2007:
 - 1107 women were diagnosed (28.7% of all cancers in females)
 - 251 women died – 1 in 56 lifetime risk (16.9% of all cancer deaths in females)
 - 10 men were diagnosed (1 in 1031 lifetime risk); 4 deaths (1 in 3322 lifetime risk)
- > Good news - the number of breast cancer deaths is decreasing



Risk factors for breast cancer

- > Being a woman
- > Getting older (50 years or older)
- > Family history of breast cancer
- > Personal history of breast cancer



BreastScreen SA

- > The free, state-wide screening program for breast cancer
- > The aim of BreastScreen SA is to reduce the number of deaths from breast cancer



Screening mammograms

- > Screening mammograms (breast X-rays) are currently the best tool to detect breast cancer early
- > With the early detection, there is a greater chance of simpler, successful treatment
- > **Screening mammography** is not the same as **diagnostic mammography**



Screening mammography

- > For larger populations of women with no breast symptoms
- > No doctor's referral required
- > Only two views performed
- > No detailed report provided
- > Free service



Diagnostic mammography

- > For individual women with breast symptoms
- > Doctor's referral required (to public or private service)
- > Multiple views performed
- > Detailed report provided
- > Usually incurs a cost



Regular screening

- > Having a screening mammogram every two years can reduce breast cancer deaths by around 40% in individual women aged 50 to 69 years



BreastScreen SA clients

- > Clearly established benefit for women aged 50 to 69 years
- > Available for women aged 40+, without symptoms, every two years
- > Evidence of benefit for women in 40s and over 70 is not strong enough to recommend routine screening, but they are very welcome to attend
- > Only recommend screening for women aged 40 to 49 years if they have a strong family history of breast cancer

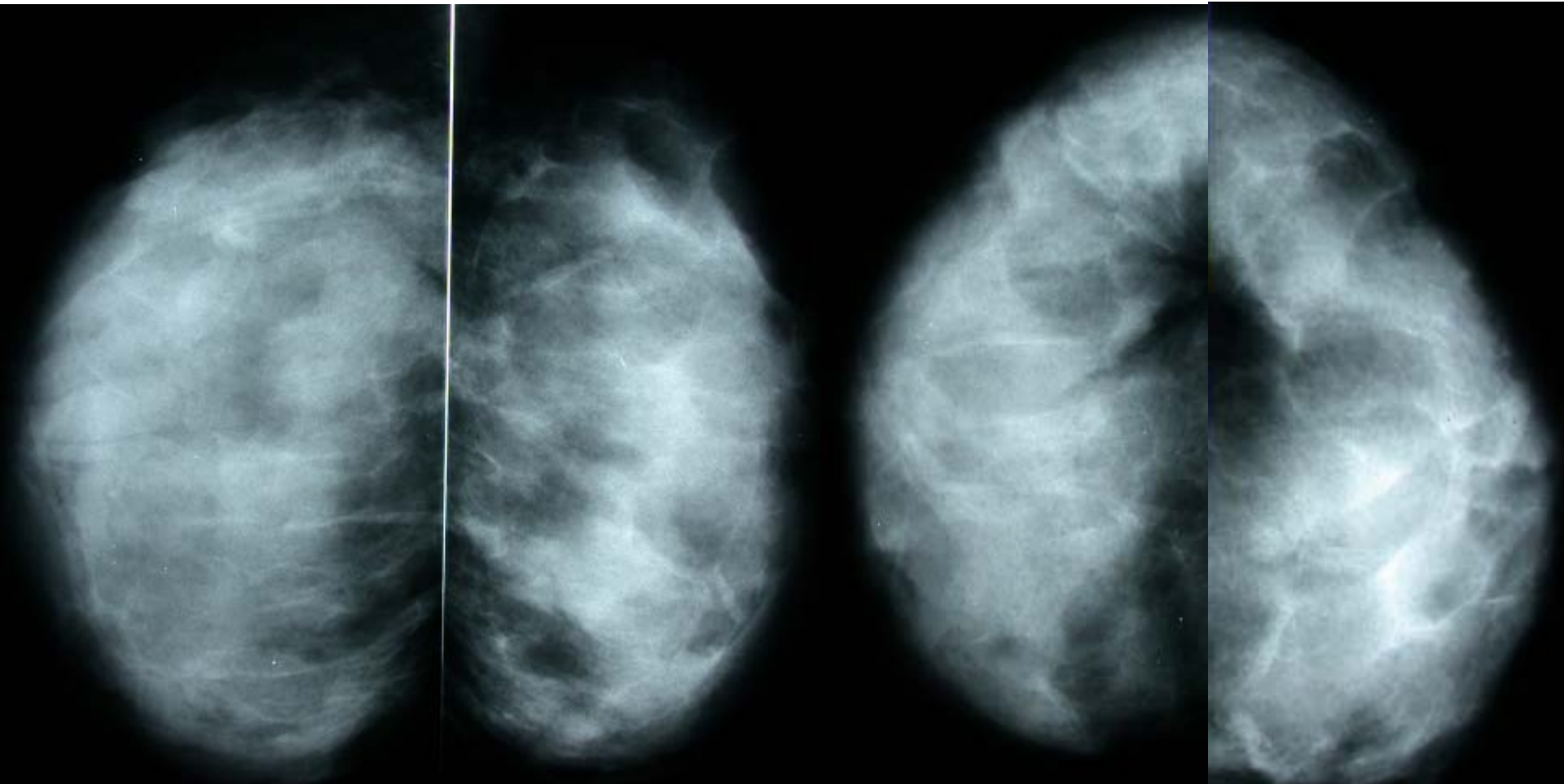


Screening mammography for younger women

- > BreastScreen SA does not screen women younger than 40 years
- > There is no evidence that regular screening mammograms reduce the number of deaths in this age group
- > Breast tissue is more dense, with more glandular tissue and less fat
- > Mammograms are not as clear
- > Breasts are more sensitive to radiation

Breast morphology

- *very dense breasts*



Breast morphology

- *fatty replaced breasts*





Screening mammography

- *the process*

Screening mammography

- oblique view



Screening mammography

- *cranial caudal (top to bottom) view*



Screening mammography

- radiologist reading X-rays



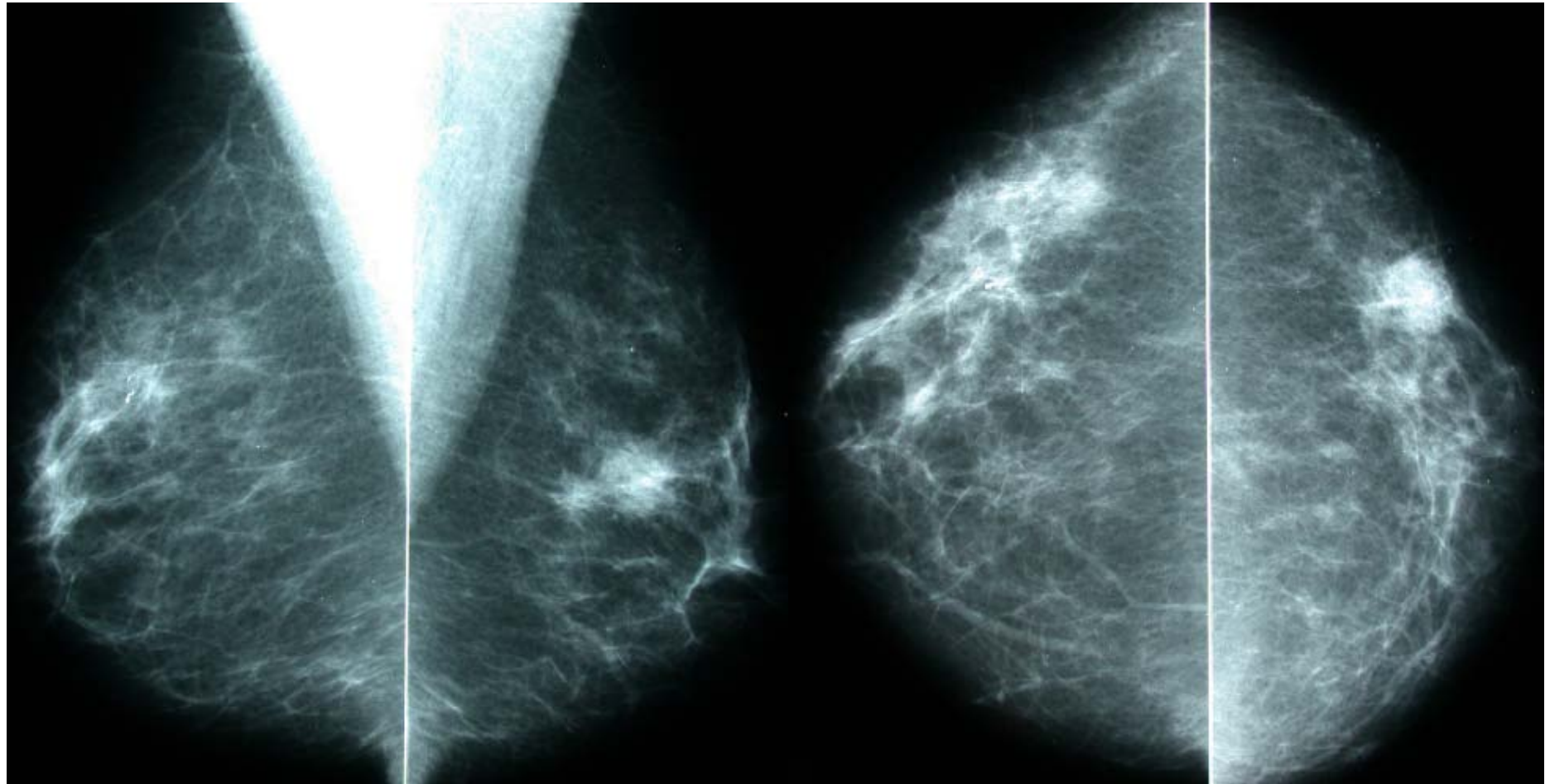
Screening mammography

- radiologist reading digital mammograms



Screening mammography

- oblique and cc view with cancer





Screening results

- > **97 out of 100 women** receive a letter saying there is no evidence of breast cancer on the X-rays
- > Nominated GPs also receive letters
- > Clients are invited for another screening mammogram when next due
- > Clients 70 years or older are given information and reminder cards



Assessment

- > **3 in 100 women** will have a mammogram with an abnormality that needs checking
- > They are invited to our Assessment Clinic at Wayville
- > All arrangements are made by the Nurse Counsellors



The Triple Test

- > Level 1 Assessment:
 - history and clinical breast exam
 - imaging (mammography and ultrasound)
- > Level 2 Assessment:
 - biopsy – fine needle aspiration biopsy or core biopsy
- > All three components of the Triple Test must agree or further investigation is required

The Triple Test



clinical examination



ultrasound



fine needle aspiration
biopsy with ultrasound



vacuum assisted core biopsy

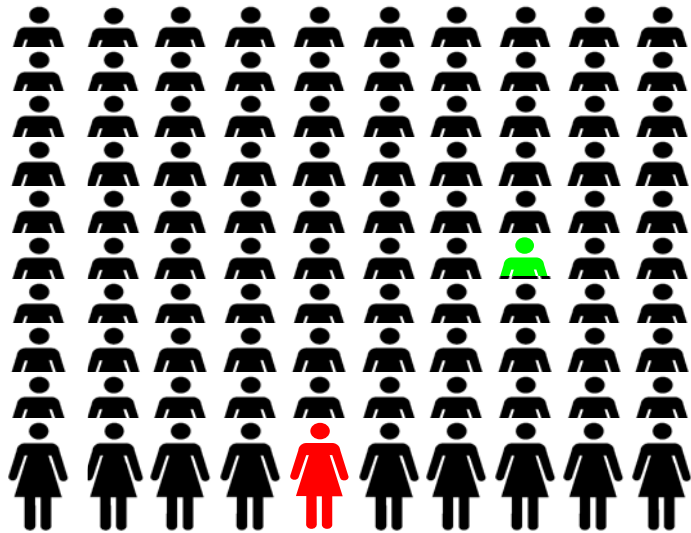
Team discussions



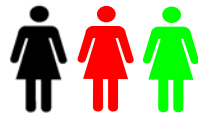


Outcome of Assessment

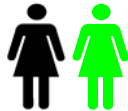
- > Normal or benign: routine screening (approx 75%)
- > Diagnosis not established: open biopsy
- > Malignant: treatment required
- > Breast cancer detected in approx 25% of those assessed



100 women have screening
mammograms at BreastScreen SA
- 97 have no signs of breast cancer



3 women – further check at the
Assessment Clinic



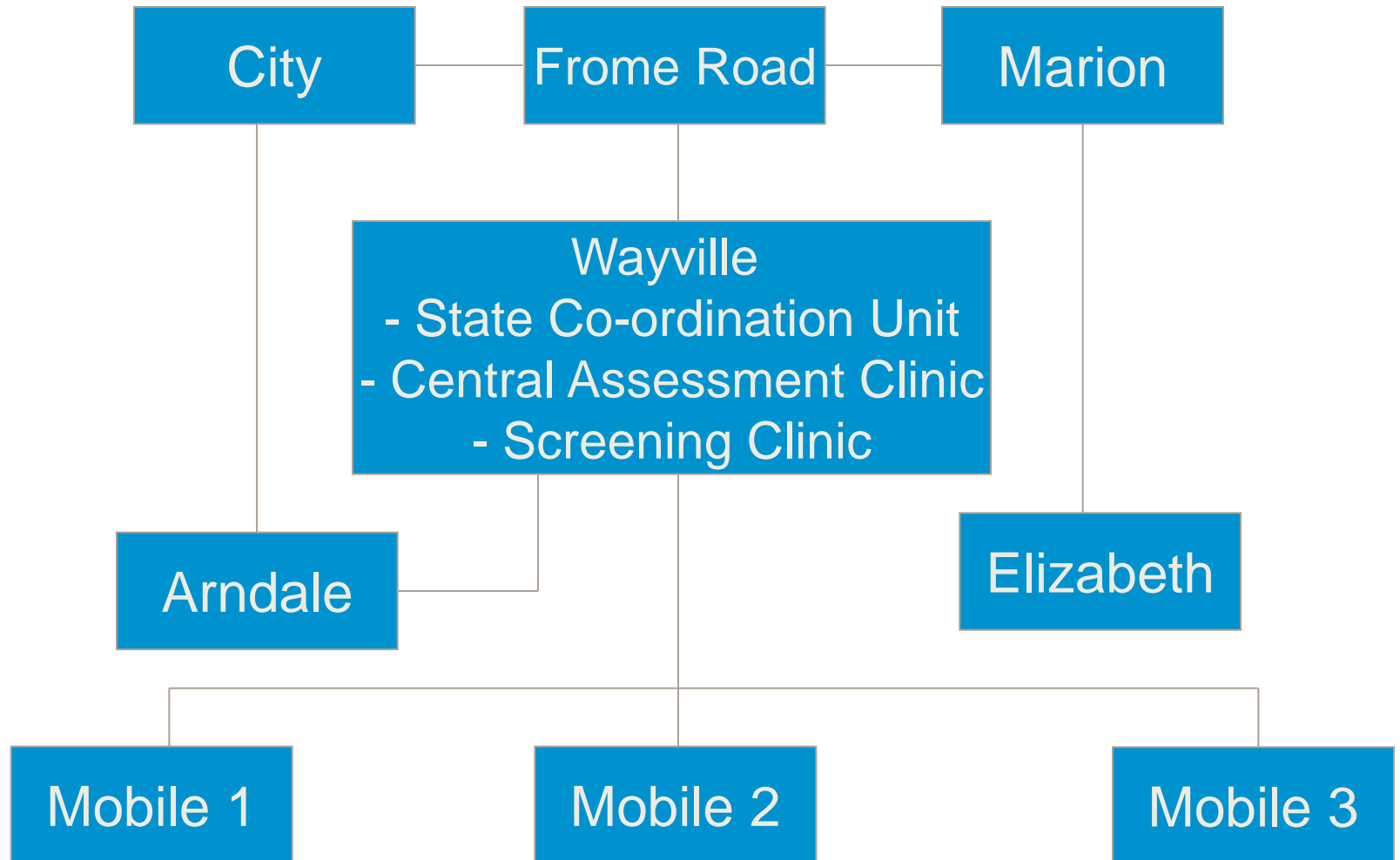
2 women – biopsy



Less than 1 woman – breast cancer

BreastScreen SA screening clinics

- call 13 20 50 for appointments



BreastScreen SA screening clinics

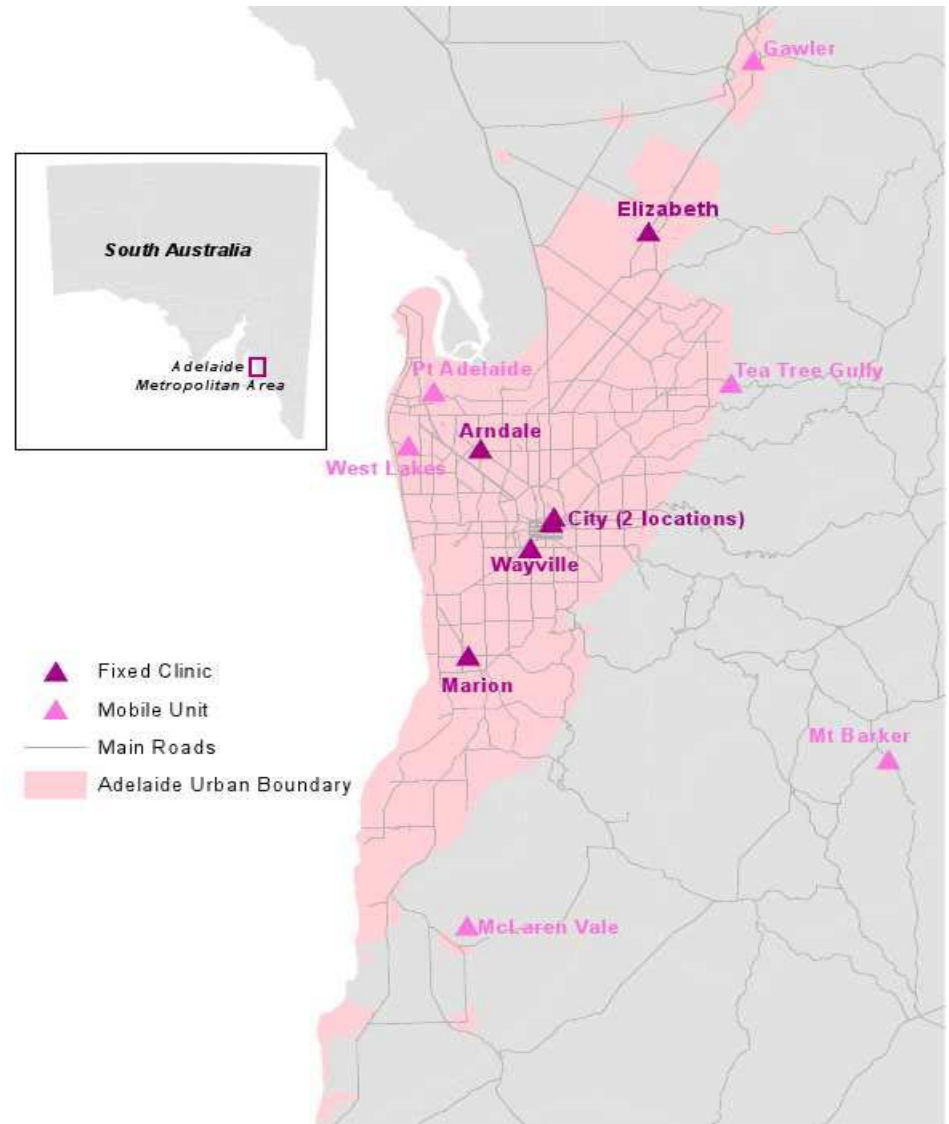
- *Mobile Screening Units*



BreastScreen SA locations

- metropolitan

One metropolitan Mobile Screening Unit visit one rural and six metro regions every two years, the recommended screening interval.





Screening mammograms

- *the five W's*

- > **What** – a breast X-ray; best method for early detection
- > **Why** – if breast cancer is detected early there is a better chance of successful treatment
- > **Who** – particularly women aged 50 to 69 years, but all women aged 40+ without breast symptoms are welcome to attend
- > **When** – every two years
- > **Where** – one of our nine clinics
– call 13 20 50 for an appointment



Recommended practices

- > If you are aged 50 to 69 years, have a screening mammogram every two years
- > Become more aware of the look and feel of your breasts
- > If you notice a symptom or change in your breasts, you should contact your doctor/health worker promptly to arrange further investigation
- > Ask your doctor/health worker for a yearly physical examination of your breasts



One breast x-ray is
not enough to last a
lifetime!

Have one every
two years.

PHONE 13 20 50.



Thank you
- *any questions?*



Resources

> **BreastScreen SA**

Website: www.breastscreen.sa.gov.au

Phone: 13 20 50

Email: BSSAenquiries@health.sa.gov.au

> **Cancer Council SA**

Website: www.cancersa.org.au

Phone: Cancer helpline 13 11 20

Email: cc@cancersa.org.au

> **National Breast and Ovarian Cancer Centre**

Website: www.nbocc.org.au

Phone: (02) 9357 9400

Email: director@nbocc.org.au



Government of South Australia

SA Health