

## Remember

- Mammograms do not prevent cancer, but they can detect it.
- Mammograms find most cancers present at the time of screening, but approximately 10 percent of breast cancers will not be found.

### Possible signs of breast cancer are:

- a new lump in the breast or armpit
- changes to the breast shape or size
- changes to the skin of the breast such as dimpling, puckering, or thickening
- changes in the nipple such as turning inwards, ulcers, or a new itch
- nipple discharge or bleeding
- persistent redness
- pain in the breast that does not go away.

While these signs may not be breast cancer, it is important new changes are checked by your healthcare provider as soon as possible.

If your mammogram today was painful, it is important to talk to the staff at BreastScreen Aotearoa before coming back for your next one. They can help you make it more comfortable next time.

We welcome any comments about your visit today and encourage you to tell your friends about the programme. We hope to see you again in 2 years.



BreastScreen  
Aotearoa

# Now that you've had your mammogram



BreastScreen  
Aotearoa

Health New Zealand  
Te Whatu Ora

Te Kāwanatanga o Aotearoa  
New Zealand Government

This resource is available from [health.govt.nz](https://health.govt.nz) or your local Authorised Provider.

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[TimeToBreastScreen.nz](https://TimeToBreastScreen.nz)

## Thank you for taking part in BreastScreen Aotearoa. You may be wondering what happens next. This pamphlet explains the process.

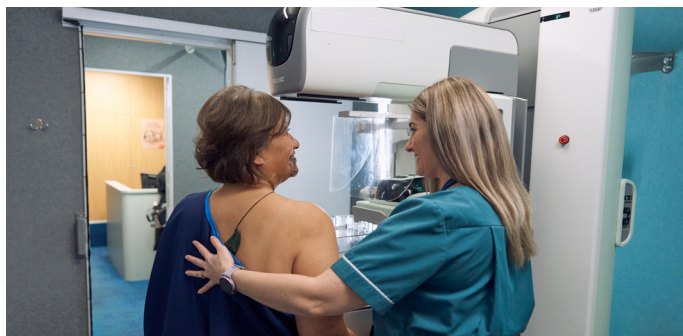
Your mammogram will be carefully checked by two expert radiologists (doctors who specialise in reading mammograms). If the programme has any of your previous mammograms, a comparison will be done to check for any changes.

Your results will be sent directly to you within 3 weeks. These will also be sent to your doctor or hauora provider, unless you let us know at your appointment that you don't wish this to happen. Please freephone **0800 270 200** if your results do not arrive.

When you are due for your next screening you will be sent an invitation via email, text or letter, with a secure personalised booking link.

For most women this will be in 2 years. It may differ for women aged 70 to 74 rejoining the programme due to the extended screening age range.

Find out more about breast screening for women aged 70 and over at **TimeToBreastScreen.nz**.



It is important to screen regularly so that any changes have a good chance of being found early, when they are easier to treat.

Sometimes we see something on your x-ray that needs a closer look. More information will be given to you if you need to return for any further checks. Remember, this does not mean you have breast cancer, just that more information is needed.

### It's your choice

It is your choice whether or not to have regular mammograms to check for breast cancer. You can opt out of the programme at any time. You can also rejoin at any time, as long as you remain eligible.

If you decide not to participate in the programme, you or your healthcare provider can still arrange your mammograms with another service, but they may not be free, and results will not be recorded with BreastScreen Aotearoa.

It is the programme's responsibility to provide the best care possible. If at any time you feel uncomfortable or unhappy with the care you have received, please let us know. It's important to us that you keep coming back for your regular mammograms, so if there is an issue we will do everything we can to fix it.

You can find out more about your rights at **[hdc.org.nz/your-rights](https://hdc.org.nz/your-rights)**

