

Breast cancer

Things you should know.

How common is breast cancer?

By the age of 85, one in seven Australian women will be diagnosed with breast cancer, making it the most common cancer affecting women in this country.

Does breast cancer only affect women?

No. While it is less common amongst men, around 150 Australian men are diagnosed each year.

Can lifestyle factors increase the chance of women and men developing breast cancer?

Maintaining a healthy lifestyle with regular exercise, keeping our weight in a healthy range, and minimising alcohol intake all contribute to reducing our breast cancer risk as we get older.

There are many benefits to maintaining a healthy lifestyle, including reducing the risk of developing breast cancer.

How often should I get a mammogram?

If you are a woman over 50, you are encouraged to have a free mammogram every two years through BreastScreen Australia. Though it's important to remember, if you have any concerns about any changes no matter your age, then it's important to make an appointment with your GP sooner.

How often should I do self-examination breast care checks?

Monthly. Being familiar with your breasts and self-examining can help alert you to any changes in your body.

What are some breast changes I should look out for whilst doing my self-examination?

- ❗ A new lump or lumpiness, especially if it's only in one breast
- ❗ A change in the size or shape of the breast
- ❗ A change to the nipple, such as crusting, ulcer, redness or inversion
- ❗ A nipple discharge that occurs without squeezing
- ❗ A change in the skin of the breast such as redness or dimpling
- ❗ An unusual pain that does not go away.

If you do find a change, make an appointment with your GP immediately.

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