

Media statement

7 January 2019

Ladies, maintain your New Year's resolution at Bunnings Maroochydore!

Is your New Year's resolution to take better care of yourself? One way for women aged over 50 years to do just that, is to take positive action to monitor their breast health and book in for a free breast screen every two years.

BreastScreen Queensland Sunshine Coast's Mobile Service is at Bunnings Maroochydore from 15 – 19 January 2019.

Health Promotion Officer Kelly Hart said the service had appointments available now, including early morning appointments and Saturday appointments.

"We would like to encourage eligible women to make a New Year's resolution to have their free breast screen," Ms Hart said.

Ms Hart said even with a great amount of publicity about breast cancer, there were still a lot of women who had not made having a breast screen a regular part of their health regime.

"Many women believe that they are not at risk of developing breast cancer because none of their relatives have been diagnosed with it", said Ms Hart.

"However nine out of 10 women diagnosed with breast cancer have no family history of the disease. Women with a family history of breast cancer are more at risk, although most women diagnosed have no family history of the disease at all."

Women aged 50 to 74 are particularly encouraged to have a breast screen every two years, however the service is provided free to women aged 40 years and over.

"It's not just women who receive a letter from BreastScreen Queensland who can participate in this free screening program. Women who haven't received a letter but who would like to make an appointment with our Service can just call 13 20 50 or they can book online at breastscreen.qld.gov.au. There are no referrals required," said Ms Hart.

THE FACTS:

- **75% of women diagnosed with breast cancer are over 50.** Younger women do get breast cancer, but the risk of breast cancer increases dramatically after the age of 50.

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- **9 out of 10 women diagnosed with breast cancer have NO family history of the disease.** While women with a family history of breast cancer are more at risk, most women diagnosed have no family history of the disease at all.
- **A breast screen every two years is the best way to detect breast cancer early, well before you or your doctor can feel anything.**
- Women aged 40 years and over are eligible for a free breastscan every two years at a BreastScreen Queensland Service. Women aged 50-74 years are particularly encouraged to attend.

Appointments are available now and no referral is needed.

Phone 13 20 50 for an appointment or for more information.

Early detection could save your life.

ENDS

Media contact: Kelly Hart | 5470 5041

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