17 October 2018

Consider your breast health this October

Queensland women have about a one in eight chance of being diagnosed with breast cancer in their lifetime. It remains the most common cancer affecting women in Queensland and the second most common cause of cancer deaths.

October, Breast Cancer Awareness Month, provides an opportunity for women on the Sunshine Coast to think about their breast health.

Kelly Hart, Health Promotion Officer for BreastScreen Queensland Sunshine Coast, said: “One of the most important steps all women can take to keep on top of their breast health is to have a regular two-yearly screen.

“Breast cancer screening remains the most effective way to detect breast cancer. Although it doesn’t stop breast cancer developing, finding it early does give women the best possible chance of successful treatment and wellbeing.”

Jenny Inggs can vouch first-hand for the benefits of making sure women have regular check.

“Four years ago I started visiting the BreastScreen Queensland mobile van when it was in our local area. My last scan showed an irregularity which was dealt with swiftly. If I hadn’t had the scan there is no way I would have even known there was a problem, I had no lumps or any other symptoms.

“The scan takes less than half-an-hour, that small amount of time could end up saving your life,” Mrs Inggs said.

Women also need to be familiar with the look and feel of their own breasts. If a woman finds a breast lump, a watery or bloodstained nipple discharge, or any breast changes that concern her, she should talk to her doctor as soon as possible.

Women from Cooroy and surrounding areas are encouraged to take charge of their breast health make an appointment at the BreastScreen Queensland mobile van on Opal Street Cooroy, opposite the service station from 22 October to 14 November 2018.

“Females aged 50 - 74 are strongly encouraged to participate in the BreastScreen Program, the risk of developing breast cancer increases with age. However, the service is free to all women 40 years and over” said Ms Hart.
Appointments are one-on-one with specially trained female health professionals and breast screens are read independently by two doctors.

Ms Hart said while appointments are necessary, a doctor’s referral is not.

To make an appointment at the Mobile Service or any of the permanent screening Services on the Sunshine Coast phone 13 20 50 or book online at breastscreen.qld.gov.au

MEDIA OPPORTUNITY

An interview can be organised on request with BSQ client Jenny Inggs.

Media contact: Kelly Hart: 5470 5041