

MEDIA RELEASE

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BreastScreen to expand hours

For local women aged 40 and over, finding the time to have a breast screen is about to get easier.

Jessica Hobbs, Health Promotion Officer at BreastScreen Queensland Toowoomba, said the service was set to launch its first Saturday morning clinic in the coming weeks.

“We know that for many women, finding the time to come in during business hours can be a challenge,” Ms Hobbs said.

“On Saturday 14 March we will have appointments available from 9.00am to 12.30pm.

“Saturday clinics will then run on the second Saturday of every month.

“We are also open for extended hours on the first Thursday of every month, with appointments available until 7.30pm.

“We think these extensions of hours, plus the availability of our mobile service, provide more options than ever.”

Ms Hobbs said BreastScreen Toowoomba looked forward to seeing both new and previous clients.

“We know that a lot of women ask themselves ‘Am I at risk of breast cancer?’”, she said.

“One in eight Queensland women will be diagnosed with breast cancer and of those 90 per cent will have no family history of the illness, so the answer is, if you’re over 40 and female, you are at risk.

“BreastScreen Queensland strongly advises all women aged 50 – 74 years to have a breast screen every two years as 75 per cent of breast cancers in Australia occur within this age group.

“While 50-74 is a high-risk age bracket, BreastScreen Queensland offers free two-yearly breast screens to all women over the aged 40 and over.”

Ms Hobbs said while known risk factors, such as the consumption of more than two standard alcoholic drinks a day, being overweight or obese, and physical inactivity could all increase the risk of developing breast cancer, there was no known definitive cause.

“That’s why we encourage all women aged 40 and over to have a free breast screen every two years, and also be sure to carry out regular breast checks.

“If you find something unusual, or have any concerns about your breast health, see your GP as soon as possible.

“To make an appointment to see us at Toowoomba Hospital or to visit the mobile service, women aged 40 and over should phone 132050 to book a free breast screen.

“It takes around 15 minutes, it’s free, and is a specialist clinic run out of the Toowoomba Hospital and mobile services.

“A doctor’s referral is not required so call now to make an appointment.”

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