

### Media statement

30 January 2019

#### Put your health first and schedule a breast screen

Women aged over 50 are urged to put their health first and schedule a breast screen to kick off 2019.

Leonne Deighton, Clinical Nurse, BreastScreen Sunshine Coast is encouraging eligible woman to book their free breast screen.

“Our breast screen service on Duporth Avenue in Maroochydore has a range of appointments still available during January and the coming months, including early morning appointments for working women,” Ms Deighton said.

“Even with a great amount of publicity about breast cancer, there are still a lot of women who do not make breast screening a regular part of their health regime.

“Many women believe that they’re not at risk of developing breast cancer, because none of their relatives have been diagnosed with it.”

“Nine out of every 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,” Ms Deighton said.

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

“It’s not just women who receive a letter from BreastScreen Queensland who can participate in free screening. Any woman over 50 who’d like to be screened, can simply call 13 20 50 to book, or they can book online at [breastscreen.qld.gov.au](http://breastscreen.qld.gov.au),” Ms Deighton said.

Screening is fast, free, friendly and female and no referral is required,” said Ms Deighton.

#### 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.
- 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.
- Breast screening every two years is the best way to detect breast cancer early, well before you or your doctor can feel anything.
- Women aged 40 and over are eligible for a free breast screen every two years at a BreastScreen Queensland Service.

# Sunshine Coast

## Hospital and Health Service

### Media statement

- 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: Leonne Deighton | direct: 5470 5037 | reception: 5470 5055**

Follow us!  