

MAMMOGRAMS & BREAST HEALTH

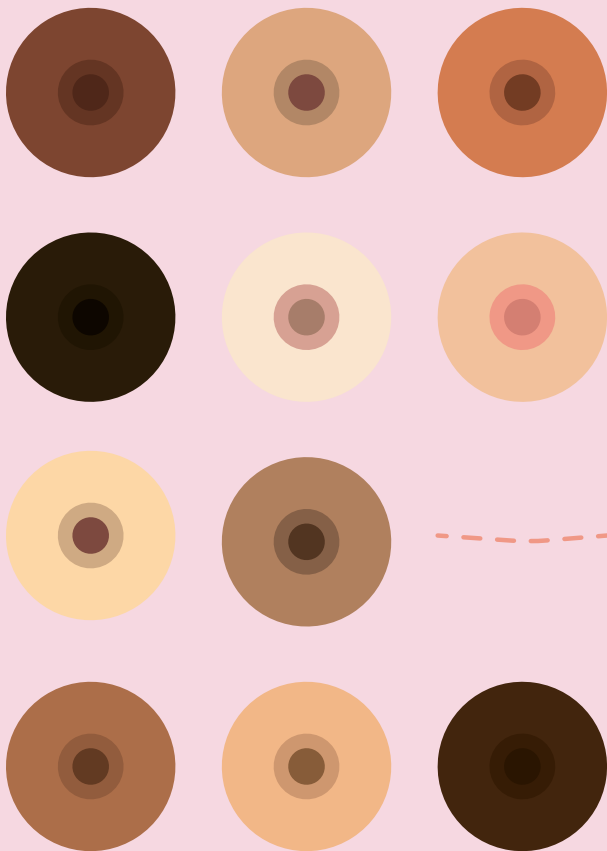


Om mammografi och brösthälsa på engelska

The Swedish Breast Cancer Association's vision is that no one should be afflicted by breast cancer. To achieve this goal, we fund breast cancer research, offer support and rehabilitation to those affected and engage in advocacy work on breast cancer issues.

Getting regular mammograms and doing self-exams are important for detecting breast cancer as early as possible. The earlier a tumour is discovered, the better the prognosis and chance of being cured.

Our mission is to educate and influence everyone to go for mammograms when called and examine their breasts themselves. With early detection, more people can survive breast cancer.



Keep an eye on your breasts

Breast cancer is the most common cancer in women and affects nearly 8,000 women and 60 men annually in Sweden.

Breast cancer is a malignant tumour in the breast. There are different forms of breast cancer. Some grow slowly, others grow rapidly.

Nowadays, more and more people are being cured of breast cancer because more tumours are being detected early and thanks to new and improved treatment options.

All women between the ages of 40 and 74 receive invitations to get mammograms. By getting mammograms and examining your breasts yourself, you have a chance of detecting changes before it is too late. Keeping an eye on your breasts is a simple form of life insurance.

In this brochure you can read more about mammograms, how exams are done and how you can examine your breasts yourself.

About mammograms

Mammography is a type of x-ray that can detect small tumours before you can feel them with your fingers and before the disease gives rise to symptoms.

The vast majority of breast cancer cases, 65 per cent, is detected using mammograms. Among those who regularly get mammograms, the survival rate has almost doubled.

How it is done

1. You will be invited to get a mammogram

You will receive an invitation in the post. It will give you an appointment date and time.

2. Preparations

A radiology nurse does the exam. You will be asked to answer a few questions and to take off the clothing on your upper body. The nurse will look at your breasts to see if there are any changes.

3. The mammogram exam

Each breast is X-rayed one at a time. Your breast is compressed between two plates for a few seconds. Two to three pictures are taken of each breast. The entire visit takes approximately 30 minutes. You can bring someone to accompany you if you wish.

4. You will receive the result of the exam

The result will be sent to your home by letter after a few weeks once the radiologists have reviewed the images.

5. If you need to come back

In rare cases, you may need to come back for further examination. This may be because the images were not clear enough or because doctors discovered a change they want to examine.

Mammograms are not hazardous and will not harm your breasts

It may feel a little uncomfortable and a bit painful when your breast is being compressed. It is usually less painful when you try to relax.

Compressing the breast reduces its thickness, allowing the X-rays to more easily pass through. This improves the image quality and makes it easier to assess any changes. It is not dangerous or harmful for the breast to be compressed during the examination.



At [brostcancerforbundet.se](https://www.brostcancerforbundet.se) you can find information in Arabic, English, Turkish, Persian and Somali.

Questions and answers about mammograms

Do you have to go for a mammogram every time you are called?

Yes, it is important that you go each time you are called. Doctors compare images from previous examinations to see changes over time, if any.

Can I have the examination if I have implants?

Yes, but inform the staff that you have implants.

Are the employees female?

Almost all nurses working in mammography are women. But there are also male employees. Tell us in advance if you would like to be examined by a woman.

Can you have a mammogram if you are pregnant or breastfeeding?

Yes. The radiation dose of a mammogram is so low that there is no risk of it reaching the foetus, nor does it affect breast milk. If you are breastfeeding, try to express milk from your breasts before the examination.

If you need an interpreter or other help

Contact the mammography department in advance if you need an interpreter or have a disability and need help during the visit.

If you want to know more about breast cancer, diagnosis and treatment, you can read more on our website, brostcancerforbundet.se



Check your breasts every month

Early detection of breast cancer provides a better prognosis. It is therefore important to examine your breasts yourself between mammograms.

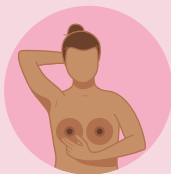
How to examine your own breasts



Stand in front of a mirror. Put your arms behind your neck and examine the shape of your breasts. Do your breasts have their usual shape and size?



Feel for lumps and hard spots. Do your breasts have the same firmness? Use straight fingers and feel around with small circular movements. Also examine your armpits.



Also examine your breasts while lying down with one hand behind your head. Tip: Many people find it easier to examine their breasts in the shower. When soapy, it can be easier to spot unevenness and changes.

Every breast is different and nodules are common. Most of them are completely harmless. By examining your breasts regularly, you'll learn how they usually feel and be able to detect changes more easily. It is a good idea to examine your breasts at the same time of the month.

When to seek medical help

If you notice any of the following, you should contact your healthcare provider to be examined:

- A new lump in your breast.
- Your breast has changed shape.
- A new indentation or indented nipple.
- Your breast has turned red.
- Sores on your breast that do not heal.
- Brown, clear or bloody fluid that comes out of the nipple.
- Pores that have become more visible on part of the breast.

If you notice a new lump before your period, you can wait to see your doctor until you have had your period. Once your period has ended, do the self-exam again. Contact your doctor if the lump is still there.

What day will be your self-exam day?

Download the Klämdagen app and get a reminder to check your breasts every month. The app contains instructions and illustrations on how to do it. It is available in several languages on iPhone and Android.



The Swedish Breast Cancer Association is Sweden's only non-profit organisation focusing solely on breast cancer. Many of us know what it is like to live with a breast cancer diagnosis, either as a patient or a relative of a patient. To achieve our vision that no one be afflicted by breast cancer, we fund research, educate about prevention and advocate on breast cancer issues.

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