

You decide.

You decide whether to have a screening mammogram. It is therefore important to be aware of the benefits and drawbacks of the examination. This way, you can make a conscious choice, if necessary together with your doctor.



Benefits

- Breast cancer can be detected early, before you notice it yourself.
- You are more likely to be able to recover from it.
- The risk of dying from breast cancer is reduced.
- The examination is free of charge and of high quality.
- Several doctors view your images. This reduces their chances of not detecting the breast cancer.

Drawbacks

- Some cancers do not exist at the time of the examination, are too small to see or are overlooked.
- Some breast cancers grow so slowly that they would never cause the patient to suffer, but they are treated anyway.
- Radiation can also cause cancer, but that risk is very low in this examination.

Be sure to seek advice from your doctor:

- if you notice a change in a breast: lump, skin discolouration, dimpling, nipple retraction, rash around the nipple, inflammation or loss of fluid or blood from the nipple;
- if you have a greatly increased risk of breast cancer: several women in your immediate family (grandmother, mother, sisters or daughters) have had breast cancer.

Do you have any questions?

Further information can be found:

- by consulting your **GP or gynaecologist**
- by visiting **www.borstkanker.bevolkingsonderzoek.be**
- by calling the toll-free number **0800 60 160**
- by e-mailing **info@bevolkingsonderzoek.be**
- via this **QR code**:



You decide for yourself whether or not to participate in the screening programme. Inform yourself well.

Free breast cancer
screening.

WE DO.
AND WHAT
DO YOU DO?



TIMELY
DETECTION IS
IMPORTANT.

Information on the Breast Cancer
Screening Programme for women aged
50 to 69.



What is breast cancer?

Breast cancer is a malignant tumour that develops in the breast. Breast cancer is detected by screening mammogram (breast X-ray).

What is the Breast Cancer Screening Programme?

The Breast Cancer Screening Programme offers all women aged 50 to 69 a free screening mammogram (breast X-ray) every two years.

Why should I take part?

Breast cancer is the most common cancer in women, with 3 in 4 breast cancers occurring in women over the age of 50. Through this examination, we may be able to tell if you have breast cancer before you notice it yourself. The sooner we detect breast cancer, the greater the chance of successful treatment.

Is it free of charge?

Participation is free if you are registered with a Belgian health insurance fund. If a follow-up examination is necessary after the examination, this will be covered by your health insurance fund (you may have to cover part of the costs of such examinations yourself).

What is a mammogram (or breast X-ray)?

A mammogram is an image of the inside of your breasts (X-ray). This allows us to detect abnormalities that may be breast cancer.

How do you get a screening mammogram?

- 1 Go to the radiology department on the day and time of your appointment.
- 2 Bring your letter with you.
- 3 A staff member will take you to the mammography machine and give you more information about the examination. If you are feeling anxious, please mention this.
- 4 A staff member will capture two images of each breast. To do this, each breast is pressed between two plates for a few seconds. This can be painful but is not harmful. It is necessary for capturing a good image with very little radiation.
- 5 The staff member will check whether the images are of good quality; if so, you are done.



How long does the examination take?

The examination takes a maximum of 30 minutes, including dressing and undressing.



When will you receive the result?

Your images will be viewed by at least two radiologists. These are specialists who look for abnormalities on the images. It can therefore take up to two weeks before you and your doctor receive the letter with the result.



What result is possible?

There are two possible results:

1. No abnormality was found.
 - 96% of women get this result.
 - Two years later, you will receive a new letter to have the examination done again.
 - If you notice a change in your breasts in those two years, please visit your GP.
2. An abnormality has been seen that could indicate breast cancer.
 - 4% of women get this result.
 - Further examination is needed to determine if it is breast cancer. Your GP will help you plan that examination.
 - In most of these women, further examination shows that there is no breast cancer.



“Every year, more than 200,000 women in Flanders take part in the screening.”
Are you in?

