



## Breast Screening for Asymptomatic Women

### Breast Screening Asymptomatic women

Breast Screen Health Care offers free mammograms every two years. Women must meet the following national eligibility criteria:

- Is aged 45 – 69 years inclusive
- Has no current breast symptoms
- Has not had a mammogram in the last 12 months
- Is not pregnant
- Has not breast fed in the last three months
- Is a NZ resident (this includes women who usually live in the Cook Islands, Niue or Tokelau)

Note: *The Women & GP are notified of results within 10 working days*

Free screening on the BreastScreen Aotearoa programme is available at The Mammography Cottage Southland Hospital, and via the Mobile screening service.

**For free screening contact:**  
BreastScreen Health Care:  
**0800 270 200**



Diagnostic Breast management for Symptomatic women and Asymptomatic women at high risk of Breast Cancer

### Diagnostic Referral Process:

To refer women for diagnosis of a significant breast symptom:

- GP refers to Southland Hospital Surgical Department
- If urgent please phone Breast Care Nurses on 027 203 3478
- Referrals are prioritised for appointment scheduling
- Appointment made and attendance by woman
- GP informed of progress/outcome of referral in writing

#### Symptomatic Women

##### Possible Signs of breast cancer

- A new lump or thickening
- A change in breast shape or size
- Puckering or dimpling of the skin
- Any change in one nipple, such as
  - Inversion
  - A bloody discharge that occurs without squeezing
- Suspected Pagets disease

##### Asymptomatic women at high risk of breast cancer

- Have had a previous breast cancer
- Have a mother or sister with pre-menopausal breast cancer or bilateral breast cancer
- Have a breast histology demonstrating an at risk legion (eg. atypical hyperplasia)

#### For Diagnostic Referrals:

Phone: **027 203 3478**

Fax: **03 214 7248**

Or phone hospital and ask for Breast Care Nurses

For Further Information and resources please contact nurses:

Email: [elizabeth.kelly@southerndhb.govt.nz](mailto:elizabeth.kelly@southerndhb.govt.nz) or [jan.jacobson@southerndhb.govt.nz](mailto:jan.jacobson@southerndhb.govt.nz)