

BreastScreenNT (BSNT) provides free screening mammograms for the early detection of breast cancer.

A mammogram is an X-ray picture of the breast that:

- uses a low dose of X-ray radiation so it is very safe
- can detect breast cancer that can't be felt, is small and easy to treat
- can find other abnormalities that may need further tests but often turn out not cancerous.

Everyone has breast tissue, regardless of their gender. BSNT understands that not everyone identifies with having 'breasts' and that some people may find 'breast' a gendered word. The term 'breast' is used to refer to the tissue affected by breast cancer (breast tissue).

To be eligible for a free mammogram, you must:

- a cisgender woman (you identify as a woman and were assigned female at birth)
- a trans woman, trans man or non-binary or gender-diverse person depending on your circumstances
- be over 40 years old
- have a Medicare card
- have no symptoms of breast cancer
- not be pregnant
- if you are breastfeeding you need to wait up to 6 months after breast feeding before you can have a screening mammogram

If you're under 40

Screening mammograms are not effective for women under 40 as your breast tissue is denser.

On a mammogram, dense breast tissue and breast cancer both appear as white areas. This makes it more difficult to detect abnormalities.

You should discuss your best screening options with your GP.

If you have breast implants

A screening mammogram is safe for women with implants.

There may be a very slight chance of damage to your implants but this is rare. You will be asked to sign an additional consent form.

Your implants can also make it harder to see small breast cancers.

If you have implants, it is recommended you also see your GP to have a breast examination as part of your annual health check.

If you're taking or intend to take menopausal hormone therapy (hormone replacement therapy)

You should continue to have a mammogram every year or 2 years unless advised otherwise.

Before starting therapy, your GP may ask you to get a mammogram with BreastScreenNT. Your results will be sent to you and your GP.