

A stylized pink butterfly with a white and pink patterned wing is positioned in the upper left. A thick pink ribbon is tied in a loop, crossing over the butterfly's wings. The background features soft, abstract pink and white shapes, including teardrop-like forms at the bottom left.

# BREAST SCREENING

BE AWARE AND DETECT  
BREAST CANCER EARLY

SingHealth **DukeNUS**  
ACADEMIC MEDICAL CENTRE

**Breast Centre**

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“Breast cancer is the most common cancer in women in Singapore.”

## Am I at risk?

All women are at risk of developing breast cancer, and this risk increases if you:

- ✿ Are aged 50 years and above
- ✿ Have a family history of breast cancer

## Why is screening important?

**When breast cancer is found at an early stage, more treatment choices may be available and the chance of a complete recovery is higher.**

Screening simply means performing a procedure or test to detect an abnormality before symptoms appear. This allows for early detection and treatment.

Mammograms for Singapore residents under **Healthier SG Screening** are subsidised by the Health Promotion Board and are Medisave-claimable if you are aged 50 years and above.

For enquiries on mammogram screenings at SingHealth institutions, call 6536 6000.

# Mammogram

“Regular mammograms are the most reliable way to detect breast cancer, even before lumps can be felt.”

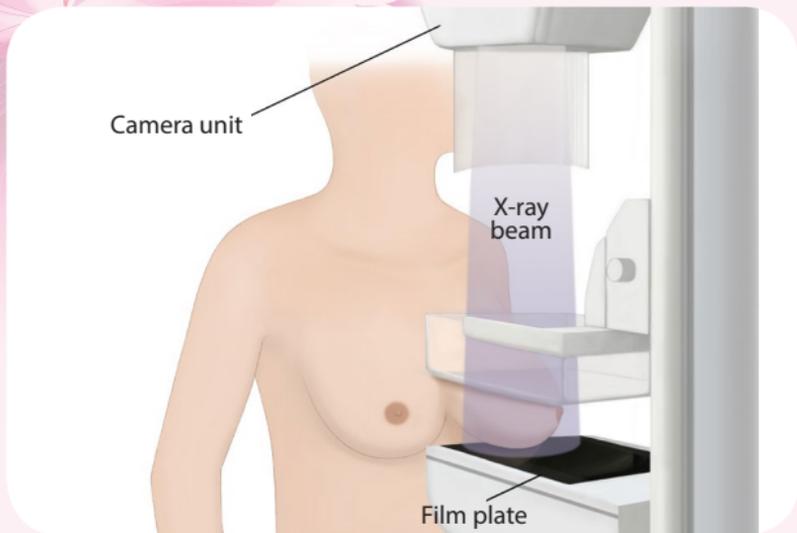
## What is a mammogram?

Mammography is a low-powered x-ray that gives an image of the internal structure of the breast.

Usual screening mammograms involve taking an x-ray of the breast compressed between two plates with two views taken, horizontal and diagonal. Additional angles and magnified views may be taken if there are areas of concern. It can detect the presence and position of abnormalities and help in the diagnosis of breast problems, including cancer.

Other tests such as breast ultrasounds, 3D mammograms (tomosynthesis) and MRI may be used for further evaluation after the initial mammogram, or may be considered for women with high risk of breast cancer.

Discuss with your doctor on when and at what intervals to go for regular screening.



## How often should I go for mammograms when I have no risk factors?

Age	Breast Self-Examination	Mammogram
40-49 years	Once a month (1 week from Day 1 of menses)	Speak to your doctor on the benefits and limitations of a mammogram.  If screening is decided, it is performed annually.
50 years and above		Once every 2 years

# Breast Self-Examination

**How do I become  
more breast self-aware?**

**Monthly Breast  
Self-Examination (BSE)**  
can improve your awareness  
to notice changes.

This is done *about 1 week from  
Day 1 of menstruation.*

*After menopause, fix a date  
monthly. For example,  
the 1<sup>st</sup> day of each month.*

# How do I do a Breast Self-Examination (BSE)?

## 1 Look for changes in front of a mirror



- ✿ First, with arms at your sides
- ✿ Next, with arms raised above your head
- ✿ Finally, with hands pressed firmly on your hips and chest muscles contracted

In each position, turn slowly from side to side and look for:

- ✿ Change in size or shape of your breasts
- ✿ Dimpling of the skin

## 2 Feel for the changes lying down



- ✿ Put a small pillow under your right shoulder
- ✿ Place your right hand under your head
- ✿ Use the pulp of your left fingers to feel for any lumps or thickening in your right breast



- ✿ Feel for the changes lying down
- ✿ First, feel the armpit
- ✿ Then start on the outside edge of your breast and feel round the whole breast in smaller and smaller circles
- ✿ Finally, feel behind the nipples itself

**3** Look for bleeding or discharge from the nipple. Squeeze the nipple gently to see if there is bleeding or any discharge.

**4** Repeat steps 2 and 3 for the left breast.

BSE may also be performed standing up, with the arms behind the head, instead of lying down as described in step 2.



Report to your doctor any breast changes such as redness, swelling, presence of a lump, skin changes or discharge from the nipple.

Self-awareness of breast changes through regular BSE and being familiar with what is normal and stable is useful to detect abnormalities.

# Specialist services are available at the SingHealth Duke-NUS Breast Centre located at:

National Cancer Centre  
Singapore Tel: 6436 8088

Singapore General Hospital Tel: 6321 4377

Changi General Hospital Tel: 6850 3333

Sengkang General Hospital Tel: 6930 6000

KK Women's and Children's  
Hospital Tel: 6294 4050

For more information on Healthier SG Screening, call 1800 333 3030 or visit [www.healthxchange.sg/sfl](http://www.healthxchange.sg/sfl)

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