

## Fact

Less than 6 per cent of women under 40 are diagnosed with breast cancer.

## Fact

It is important to be aware of the normal look and feel of your breasts and talk to your doctor if you notice any changes that concern you.

For more information or to make an appointment, visit us at

[breastscreen.qld.gov.au](http://breastscreen.qld.gov.au)

OR

call 13 20 50



# I'm under 40

## Is BreastScreen Queensland for me?



Queensland  
Government

BSQ046\_12/17



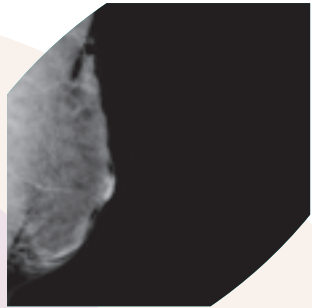
Queensland  
Government

## The BreastScreen Queensland Program

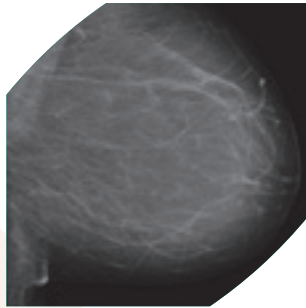
BreastScreen Queensland has been supporting Queensland women most at risk of breast cancer for more than 20 years.

For this reason, the BreastScreen Queensland Program targets women in the critical group, 50 to 74, providing quality breast cancer screening using the latest digital mammography technology.

For women in this age group, a breast screen every two years is the most effective way to detect breast cancer early.



The breast tissue of a younger woman.



The breast tissue of an older woman.

## Who is eligible?

Although the Program also accepts women over 40, it does not cater for younger women. There are important reasons why this is the case.

Currently, there is no evidence that screening mammography is effective in finding early stages of cancer for women under 40.

The tissue of younger women's breasts tends to be more dense, or thicker, than that of older women. On a mammogram dense breast tissue shows up as a solid white area making small cancers, which show up white, almost impossible to see.

At this stage, there is some medical concern that women who start having mammograms at an earlier age will receive more radiation over their lifetime and that so much mammography may be harmful to a younger woman's breast tissue.

## If I'm under 40 what should I do?

Maintaining good breast health is something that should concern women of all ages. Being attuned to your body is important so that you notice any changes.

Start by becoming familiar with the look and feel of your breasts. If you notice any changes that worry you, see your doctor without delay. It is also a good idea to ask your doctor to check your breasts as part of your regular health check.

## What if there is breast cancer in my family?

Younger women whose mother or sister had breast cancer before the age of 50 may have an increased risk of developing the disease themselves.

Your risk of developing breast cancer will depend on:

- How many of your relatives have had breast cancer
- Their age when breast cancer was found
- How closely they are related to you.

It is important you discuss with your doctor any concerns you have about your family history of breast cancer.

If your circumstances require you to have diagnostic assessment, your doctor will refer you to a provider and you can claim through Medicare.

If you are looking for information about the BreastScreen Queensland Program, breast cancer or breast cancer screening, then visit [breastscreen.qld.gov.au](http://breastscreen.qld.gov.au). Our website has lots of information for women of all ages including frequently asked questions, women's stories about their own experiences and a video showing an actual breast screen procedure.