



CARING
FOR YOUR
BREAST

STAY INFORMED • STAY HEALTHY



Changi
General Hospital

7 Myths Of Breast Cancer Screening

Myth 1

Singapore does not have a national screening programme for breast cancer

Fact

A national breast cancer screening programme, BreastScreen Singapore, was set up in 2002 to raise public awareness, encourage early detection of breast cancer, and reduce its mortality.

Myth 2

Only women with a breast problem should go for screening

Fact

Screening is to detect breast cancer at an early stage, hence there may not be any symptoms or signs. Therefore women without any breast problem should still go for screening.

Myth 3

Breast cancer screening is only for older women

Fact

Women who are Singapore citizens or permanent residents above 40 years old are eligible for screening mammograms.

Myth 4

Screening mammogram can only be done in hospitals

Fact

Screening mammogram under BreastScreen Singapore is performed at Polyclinics.

Myth 5

Screening mammogram is expensive and not subsidised

Fact

Women who are Singapore citizens or permanent residents above 40 years old are eligible for subsidised mammograms, and those above 50 years of age can pay for the mammography with Medisave.

Myth 6

Going for a mammogram is a frightening, painful and embarrassing experience

Fact

The radiographers performing the mammogram are trained professionals who will try their best to put you at ease and gently help to position your breasts to get the best possible images for the doctor to review. The actual mammogram is brief and often over in seconds. Hence any discomfort is momentary. Many women view mammograms as embarrassing because they are required to disrobe. It is important to remember that mammograms are always performed in complete privacy.

Myth 7

Regular mammogram will alter the shape of the breasts

Fact

The compression during mammogram is to obtain a clear picture of the breast. It is quick and does not alter the shape of the breasts.

TOUCH...
LOOK...
CHECK...
your breast!

If you are aged 30 and above, you are encouraged to do a monthly breast self-examination, 7 to 10 days after the start of your period. In just 5 minutes, you can check your breasts in the shower, before a mirror or lying down!



(1) IN THE SHOWER

Raise one arm placing your hand behind your head. Use your right hand to examine your left breast and your left hand for your right breast. After soaping your fingers, check your breast using a circular motion to feel for lumps. Remember to check the areas between the breasts and your underarm too!

(2) BEFORE A MIRROR

- (a) With arms at your side
- (b) Arms raised above head
- (c) Hands on hips with chest muscles tensed

Keep a lookout for:

- Change in size and shape of breasts
- Dimpling of skin
- Change in texture or colour
- Development of new rashes
- Change in nipple appearance
- Discharge from nipple



(3) LYING DOWN

Place a towel or pillow under your right shoulder and place your right hand behind your head. Use your left hand to examine your right breast using the same circular motion to feel for lumps. Start from the outer edge of your breast and move inwards. Repeat using your right hand to check your left breast.

If you discover any changes, seek medical advice immediately.

Besides the breast self-examination,



above the
age of



are recommended to go for a

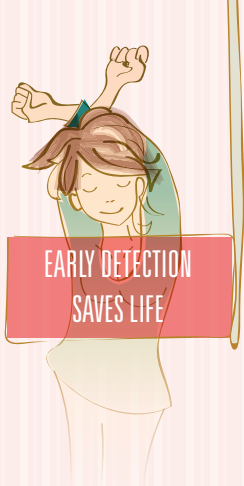
MAMMOGRAM

1 once a
YEAR

and those above



2 once every
YEARS



EARLY DETECTION
SAVES LIFE

To visit the nearest polyclinic
for a **mammogram screening**,
call **6536 6000** to make
an appointment!

Mammography Screening Centres:

Geylang Polyclinic

21 Geylang East Central
Singapore 389707
Tel: 6842 2440

Pasir Ris Polyclinic

1 Pasir Ris Drive 4 #01-11
Singapore 519457
Tel: 6585 5390

Sengkang Polyclinic

2 Sengkang Square
#01-06 Sengkang Community Hub
Singapore 545025
Tel: 6315 3500

Tampines Polyclinic

1 Tampines Street 41
Singapore 529203
Tel: 6786 4070

This message is brought to you
by the Breast Centre @ Changi.

The Breast Centre @ Changi is an integrated one-stop centre for patients with breast problems. The Centre's multidisciplinary team of doctors, nurses, radiographers, psychologists, social workers and counsellors are focused on providing patient-centric care for both benign and cancerous breast conditions, which includes oncoplastic breast reconstructive surgery. The Breast Centre is also an accredited Assessment centre for the BreastScreen Singapore programme.

The specialists at the Breast Centre @ Changi have been at the forefront of clinical and service excellence. The team has consistently received Hospital and National Quality Service awards for their unstinting care and concern for patients. For more information, visit www.cgh.com.sg/breastcentre

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For appointments and enquiries,
please call the CGH Appointment Centre at

Tel: (65) 6850 3333

CGH Appointment Centre operating hours:

8.30 am to 8.00 pm (Monday to Friday)

8.30 am to 12.30 pm (Saturday & Sunday)

Closed on Public Holidays

For more information, visit

www.cgh.com.sg



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