

KNOW YOUR BREASTS NOW

In order to minimise the chances of developing breast cancer, it is important to maintain a healthy lifestyle, with regular exercise, healthy eating and limited alcohol consumption.

It is particularly important to be aware of your breasts and knowing what is normal for you. You should examine and feel your breasts on a regular basis. You are more likely to notice any changes in your breasts with regular self examinations.

Areas to check include:

1. The entire breast tissue
2. Below the bra line
3. The armpits
4. Up to the collarbone

Breast changes to look out for include:

- 📌 Lumps occurring in the breast tissue, particularly if only in one breast
- 📌 Pain in the breasts and armpit area
- 📌 Discharge from the nipples
- 📌 Change in the nipples
- 📌 Skin colour or texture of the breast changing
- 📌 Size and shape of the breasts

In the event that you notice any of these changes or something that is unusual for you, we recommend that you check with your GP immediately.



SKG
RADIOLOGY

WHY CHOOSE SKG RADIOLOGY?



SKG is dedicated to providing superior quality diagnostic imaging services and committed to continuous improvement. We consistently invest in state-of-the-art medical equipment and systems at our branches to provide you with precision imaging for peace of mind.

SKG Radiology is staffed by highly qualified Radiologists and Radiographers trained in Mammography. By working as a co-ordinated team, we will provide you with diagnostic accuracy and a high level of patient care.

If your GP refers you for a mammogram, please go to www.skg.com.au for the contact details of your nearest SKG branch.



Other resources

Breast Cancer Care WA
www.breastcancer.org.au

Breast Cancer Network Australia
www.bcna.org.au

National Breast Cancer Foundation
www.nbcf.org.au

Breast Cancer
canceraustralia.nbooc.org.au/breast-cancer

McGrath Foundation
www.mcgrathfoundation.com.au