



Examinations by your GP

You may benefit from having your breasts checked regularly by your GP particularly if:

- ◆ You are not having regular mammograms
- ◆ You are unsure about what is 'normal' for your breasts/chest
- ◆ You are not confident in self examination

Regular Screening

Mammograms are less effective for younger people, (under 49) as breasts are denser. For anyone under 40 screening is not recommended unless there is a family history or a previous diagnosis has been made.

If you are over 40 and are female identifying or a person at risk it is recommended to have screening every two years and can access free mammograms through Queensland Health.

Protecting yourself

Lifestyle changes to help lower your chances of Breast Cancer can be as simple as:

- ◆ Cutting alcohol consumption to 2 drinks or less per day
- ◆ Exercising regularly
- ◆ Increasing your consumption of fresh fruit and vegetables, avoiding or reducing your intake of foods high in saturated and animal fat
- ◆ Maintaining a healthy body weight

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Clinic 30

For appointments:

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QUEENSLAND AIDS COUNCIL
LESBIAN GAY BISEXUAL TRANS INTERSEX

Highlighting Health: Breast Care

LESBIAN

GAY

TRANS

BISEXUAL

INTERSEX

SEXUAL HEALTH
CLINIC 30
MENTAL HEALTH



While Breast Cancer is commonly diagnosed in Australia, early detection and treatment has meant the mortality rate of this cancer is improving all the time.

In 2016, it is estimated that the risk of an individual being diagnosed with breast cancer by their 85th birthday will be 1 in 16 (1 in 719 males and 1 in 8 females). In 2016, it is estimated that the risk of an individual dying from breast cancer by their 85th birthday will be 1 in 76 (1 in 3,566 for males and 1 in 40 for females).

How do I check for lumps?

So you can recognise the normal size and shape of your breasts/pecks/chest, stand in front of a mirror and look them with: your arms by your side then, your arms raised behind your hand and finally with your hands on your hips and your chest muscles flexed.

Afterwards, lie down with a pillow under your left shoulder and then:

- ◆ Put your left hand behind your head and feel your left breast/peck with the pads of the 3 middle fingers on your right hand
- ◆ Start at the outer edge and work around your breast/peck in circles, getting closer to your nipples with each circle
- ◆ After you have checked your breast/peck, squeeze your nipple gently and look for fluid coming out of the nipple
- ◆ Be sure to include the area up to your collarbone and out to your armpit

Remember to do the same to your right breast/peck with pillow under your right shoulder.



Risk Factors for developing Breast Cancer

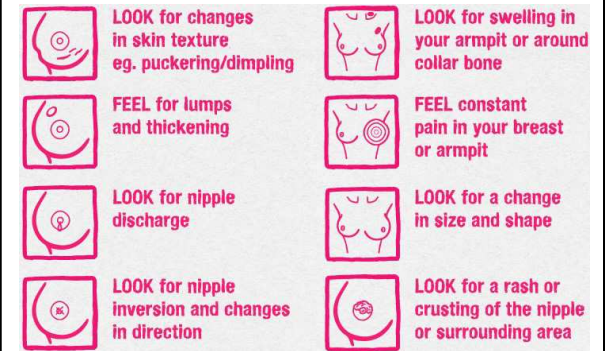
- ◆ Getting older
- ◆ Having a strong family history of Breast Cancer
- ◆ Having previously being diagnosed with Breast Cancer or Ductal Carcinoma In Situ (DCIS)
- ◆ Drinking more than 2 standard drinks a day
- ◆ Starting menstruation early (before 12)
- ◆ Starting menopause late (after 55)
- ◆ Taking combined Hormone Replacement Therapy (HRT) after menopause
- ◆ Gaining weight in adulthood

Breast Cancer in Lesbians

Lesbians are 2-3 times more likely to develop Breast Cancer than their heterosexual counterparts, due to lifestyle factors and the effect sexuality has on addressing health needs and accessing services.

Risk factors especially relevant to lesbians include:

- ◆ Not having children or giving birth to your first child after the age of 30
- ◆ Not breast feeding
- ◆ Obesity
- ◆ High rates of alcohol use



Transgender Men and Women need check ups

Transwomen with or without implants should be having mammograms or ultrasounds of their breast tissue for not only cancer prevention but for the maintenance of their implants.

Transmen before Top Surgery should have screenings as per standard guidelines.

After Top Surgery some breast tissue will remain and cancer is not impossible so self examination as well as consultations with your GP are recommended.

Men get Breast Cancer too

While Breast Cancer is not as common in men as it is in women, it is important to take note of your pecks and check for any differences. Especially if you have a family history of Breast Cancer. If you do notice any changes in your chest, go to your GP for a check up and any other possible follow up tests.

