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**patient
information**

EARLY DETECTION OF BREAST CANCER SAVES

Breast cancer affects 1 in 9 Australian women. Risk factors for developing a breast cancer include increasing age, carrying a breast cancer gene or having a strong family history, having dense breasts on a mammogram, long-term hormone replacement therapy, and certain breast conditions that predispose to cancer. The good news is that most patients diagnosed with breast cancer at an early stage can be cured. The goal of breast-screening and breast education programs is to promote early detection of breast cancer to save lives.

What are the early signs of breast cancer?

Early signs of breast cancer may include:

- A new breast lump
- Thickening in the breast
- Blood-stained or persistent nipple discharge
- Change in the skin of the breast
- Change in the shape of the breast
- Change in the appearance of the nipple
- Worrying features on a mammogram or breast ultrasound

How is a breast cancer diagnosed?

By the triple test, which includes:

1. Breast examination by a Breast surgeon
2. Breast imaging with a mammogram and ultrasound
3. Breast biopsy

If you are between 50 to 70 years old, you should participate in breast-screening with a free mammogram every two years through BreastScreen Australia at a centre near you. If you are worried about any of the breast symptoms listed above, you should see your local doctor for a referral to a Breast surgeon.

Dr Grace Chew is an experienced and caring Breast Surgeon. She is part of a holistic and compassionate Breast Service, with a Breast Care Nurse, understanding staff and modern hospital facilities. For enquiries, please contact Ms Jodie Keays on ph: 9468 0159.