

May 2, 2014

## The breast reminder this Mother's Day

Women are being encouraged to use this Mother's Day as a 'reason to screen' – and to make a pledge to book in for a regular mammogram.

Although breast cancer is the most commonly diagnosed cancer among women in Australia, the current survival rate for cancer caught at the earliest stage is as much as 97 per cent.

Thanks to regular screening, 66-year-old St Andrews resident Diane Klimenty is able to share this Mother's day with her three children and eight grandchildren in good health.

"I do the right thing and have regular screening every two years," she said.

"Two years ago they picked up a lump and it turned out to be breast cancer. I don't know how bad or big it would have been if I'd waited another two years – I'm so grateful for the BreastScreen staff for picking it up.

"You can never say it will never happen to you. It wasn't a big cancer, but cancer is cancer to me. The word is very scary, but the staff relax you and guide and support you so well.

"I have two daughters and now I really nag them to get mammograms, it's so important."

Although Mrs Klimenty's sister and mother both had breast cancer, nine out of 10 women do not have a family history of the disease.

Chief Radiographer for Campbelltown BreastScreen Service, Caroline Taylor, said through the BreastScreen NSW program, women have access to a free breast screening service that exists to detect breast cancer as early as possible.

"It is vital that women aged 50-74 make the time to have a mammogram every two years," she said.

"Our service is local, situated in the Mawson Centre, 4 Bowne Street, free of charge, and the procedure takes as little as 30 minutes."

Women are encouraged to visit [www.facebook.com/breastscreennsw](http://www.facebook.com/breastscreennsw) where they can share the pledge and tag their loved ones as their 'Reason to Screen'.

Women can register for a screening appointment on the Facebook page, by visiting [www.bsnsw.org.au](http://www.bsnsw.org.au), or by calling 13 20 50.