

to consult a female breast surgeon, her GP may be able to refer her to one.

Can men develop breast cancer? Yes. Although less common among men, more than 50 men develop the disease in Australia each year. Men who notice any changes such as a lump or thickening in the breast area should see their doctor.

For more information, ring one of the following services. * The Multicultural Breast Cancer Information Service has bilingual workers available as follows: Arabic (Mondays, Tuesdays, Wednesdays, Thursdays) (02) 9334 1961 or 1300 301 625. Cantonese and Mandarin (Monday and Tuesday (02) 9334 1855 or 1300 300 935. Italian Thursday and Friday (02) 9334 1983 or 1300 301 431. Greek (Thursday and Friday (02) 9334 1863 or 1300 301 449. There's also the Cancer Information Service on (02) 9334 1933; 1800 422 760 (toll free for country callers) or 131120 from other states.

If you need help making phone calls in English, ring the Translating and Interpreting Service (TIS) on 131 450.

You can find more health information in your language on the Multicultural Communication website at <http://mhcs.health.nsw.gov.au>



English
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**Information about breast cancer
- it's only a phone call away**

NSW Multicultural Health Communication Service
website: <http://mhcs.health.nsw.gov.au>
e-mail: mhcs@sesahs.nsw.gov.au
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Information about breast cancer - it's only a phone call away

Is pain in the breast a sign of cancer? Can men develop breast cancer? Every day staff at the NSW Cancer Council's telephone information services answer questions like these from women and their families. For information in your language about breast cancer - a disease affecting one in 12 women in Australia - call one of the numbers at the end of this article. Here are some common questions people ask:

What's the difference between a screening mammogram (breast x-ray) and a diagnostic mammogram? A screening mammogram is for women with no breast symptoms. It aims to save lives by detecting cancers when they are small and more easily treated. Screening mammograms every two years are available free to women over 40 through BreastScreen Australia. They are available, free, through BreastScreen Australia. Ring 13 20 50 for an appointment. A diagnostic mammogram is for women with symptoms. If a doctor refers a woman for a diagnostic mammogram because she has a symptom such as a lump in the breast, he or she will write a detailed report describing the symptoms. The radiologist will then pay special attention to the part of the breast where the symptom has been found.

Can mammograms harm the breast? There's no evidence that pressure on a woman's breast during a mammogram will harm the breast, or cause an existing breast cancer to spread. The amount of radiation a woman is exposed to during a mammogram is very small and there's no evidence that having mammograms every two years will increase the risk of breast cancer.

Is pain in the breast a sign of cancer? A breast that feels sore or tender is no reason to panic - although pain is occasionally a sign of cancer, there are other more common causes, including hormonal changes before a period, which can make breasts feel lumpy and sore. Some types of contraceptive pills can have a similar effect, especially if a woman has just begun taking the pill, or has switched to a different pill. Even a badly fitting bra, especially one with underwiring, can cause pain. But don't try to diagnose breast pain yourself - ask a doctor.

Can certain foods help prevent cancer or even cause it? The short answer is that no one really knows. Although some research suggests that a diet containing too much fat and too little fibre (found in rice, pasta, bread and other cereal foods, as well as vegetables and fruit) may contribute to the disease, this hasn't been proved. Nor is there any evidence that chicken or meat contribute to breast cancer. But there is evidence that women who drink two or more alcoholic drinks a day may have a higher risk of the disease. As for preventing breast cancer, there's some evidence that soyfoods and legumes may help, but again there's no proof. However, because these foods have other health benefits, they're good to include in the diet.

Can benign lumps in the breast become cancerous? No. Women with some types of breast lumps called fibroadenomas have an increased risk of developing breast cancer. However these lumps themselves don't become cancerous.

Where can women find a female doctor? Female doctors are available at women's health centres and Family Planning Clinics, or you can ring the medical centres in your area to find one with a woman doctor. If a woman with breast cancer wants