

Welcome to

# Keeping Abreast

A quarterly newsletter for general practitioners

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## BreastScreen SA reports breast density

*A message from BreastScreen SA Clinical Director, Associate Professor Michelle Reintals*

BreastScreen SA reports individual breast density as part of our regular breast cancer screening program. Your patients will be informed of their individual breast density category with their screening results from BreastScreen SA. You will also receive a copy of this information.

Higher breast density lowers the accuracy or 'sensitivity' of mammography for breast cancer detection due to a masking effect. As cancers are typically white in appearance on a mammogram, they may be camouflaged by dense tissue, reducing the sensitivity of mammography.

Higher breast density is also associated with an increased risk of breast cancer. BreastScreen SA believes that every woman should be aware of her individual risk factors for breast cancer, including her breast density. A number of risk assessment tools are available such as [iPrevent](#) and the [Tyrer-Cuzick Risk Assessment Calculator](#).

[More information on breast density is available on our website.](#)

It is important to note that regardless of an individual's breast density, mammography is still the best breast cancer screening test in a population-based screening program for asymptomatic women, aged 50 to 74 years.

Thank you for your continued support in recommending regular screening mammograms for your eligible patients.

## Introducing sensory friendly clinics

BreastScreen SA is introducing monthly sensory friendly clinics for women with sensory sensitivities to access a breast screen in a more supportive environment.

The sensory friendly clinics will be held once a month at rotating screening clinics across South Australia, including at rural and remote locations visited by the mobile screening units.

Staff specially trained in sensory processing will support women to screen, and will be aware of their individual needs. Changes to the clinic environment including customised lighting, fragrance-free, fewer people in the clinic, and support to use headphones and other sensory relaxation tools aim to make the experience more comfortable.

[Find out more about sensory friendly clinics here](#), including upcoming dates and how women can register.

## Spotlight on injectable fillers for breast augmentation

Women with a history of injectable fillers are NOT eligible for screening. They are discharged from the program and their GP is informed.

- The use of injectable, non encapsulated breast fillers such as silicone, hyaluronic acid (Macrolane) and polyacrylamide gel (PAAG) has significant implications for breast imaging, especially screening.
- Fillers reduce the amount of visible breast tissue and mask cancers (false negatives), reduce the sensitivity of mammography and ultrasound, and also lead to increased false positives due to artefact effect. Both mammography and breast ultrasound are ineffective for screening or diagnosis in women with injectable fillers.
- Breast MRI imaging with contrast is currently the only effective imaging modality that can be used for screening or diagnosis in women with injectable fillers.

## What you *need to know*

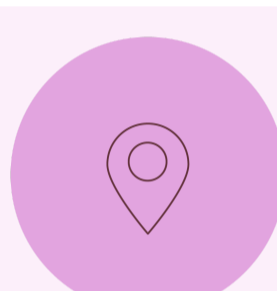


### Eligibility criteria

Women are eligible for a free breast screen every 2 years if they:

- are aged over 40, especially 50 to 74
- have **no symptoms of possible breast cancer** (see below)
  - are not pregnant or breastfeeding
  - have a Medicare card

[Read more common eligibility FAQs](#)



### Clinic locations

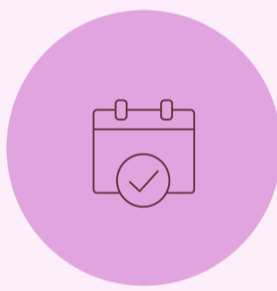
BreastScreen SA has 8 fixed screening clinics, 1 pop-up clinic and 3 mobile clinics. This November, the mobile screening units are visiting:

- Kingscote
- Port Lincoln
- Osborne

[Find out more about clinic locations](#)

**Symptoms of possible breast cancer** include new or changing breast lump, a change in size or shape of a nipple or breast, skin dimpling or new nipple inversion, and nipple discharge that is red, black, brown or watery/clear.

Women who present to our screening clinic with symptoms will be declined and referred back to their doctor for clinical assessment and referral for diagnostic imaging.



### How to book

Eligible women can book their free breast screen **online** at [www.breastscreen.sa.gov.au/book](http://www.breastscreen.sa.gov.au/book) or by calling 13 20 50.

*Women do not need a doctor's referral to book.*



### Patient resources

BreastScreen SA offers a range of free [printed resources](#) that you can order for your clinic.

You can also visit the [patient support services page](#) on our website for common FAQs for GPs.

[Visit the BreastScreen SA website to learn more](#)

## Useful links and resources

### BreastScreen SA website

[Referrals and eligibility](#)  
[Breast density](#)  
[Risk assessment tool](#)  
[Patient support](#)  
[Clinic locations](#)  
[Book online](#)

### Cancer Network Australia (BCNA)

My Journey Kit, counselling service and diagnosis-related information  
[www.bcna.org.au](http://www.bcna.org.au)

### Cancer Australia

Diagnosis-related information  
[www.canceraustralia.gov.au](http://www.canceraustralia.gov.au)

### Cancer Council SA

Counselling services and diagnosis-related information  
[www.cancersa.org.au](http://www.cancersa.org.au)

### McGrath Breast Care Nurses

Counselling and support services  
[www.mcgrathfoundation.com.au](http://www.mcgrathfoundation.com.au)

## BreastScreen SA's breast surgeons

The following surgeons currently work at BreastScreen SA:

**Dr Janne Bingham**

**Dr Robyn Coombe**

**Dr Anurag Gupta**

**Dr Andrew Kiu**

**Dr James Kollias**

**Dr Christine Lai**

**Dr Anand Nathan**

**Dr Chloe O'Dea**

**Dr Subhita Prasannan**

**Dr David Walters**

**Dr Robert Whitfield**

**Dr Michael Whittlaw**

### Breast Surgeons of Australia and New Zealand

[List of Breast and Endocrine Surgeons in SA](#)

## Contact BreastScreen SA's medical officers

### Medical Officers

**Phone** (08) 8274 7151

**Fax** (08) 8357 8146

**Email** [HelloBSSA@sa.gov.au](mailto:HelloBSSA@sa.gov.au)

### How we can help

**Our team of senior medical officers are available to assist with any queries you may have regarding your clients, for example:**

- further information on breast density
- eligibility for screening and any medical issues related to screening

**Our medical officers may contact you to discuss clinical issues:**

- clients with complex medical histories such as bleeding disorders or allergies who are recalled for assessment
- clients who are not recalled for assessment, but further recommendations have been made requiring GP follow-up

## A note to practice managers

As doctors ourselves, we know that many of these emails will reach practice or clinic managers or other clinical administration staff. We want to express our gratitude for your important work and for helping us to engage with GPs in your clinic by sharing this email with them. Thank you!

## Follow BreastScreen SA on social media



[Visit website](#)

