

Salud de los senos y examen de detección





Para las usuarias de este rotafolio

Este rotafolio (flipchart) ha sido preparado por el Cancer Institute NSW para apoyar a las publicaciones que brindan información sobre el cáncer de mama y examen de detección a las mujeres de diferentes antecedentes culturales, especialmente aquellas que tienen derecho a participar en el programa BreastScreen NSW.

Este rotafolio incluye los siguientes temas:

- Los senos y salud de la mama
- Conciencia de los senos
- Cáncer de mama
- Examen preventivo de los senos
- Cómo hacerse una mamografía con BreastScreen NSW
- Después de su mamografía
- Más pruebas y evaluación
- Si tiene cáncer de mama
- Formas de reducir su riesgo de cáncer de mama
- Resumen y mensajes clave
- Otros programas de detección del cáncer

Se alienta a las usuarias de este rotafolio a modificar la redacción empleada para adecuarla al uso en su comunidad. Las usuarias podrían preferir usar solamente las secciones del rotafolio que sean apropiadas para las necesidades de su cliente.

El rotafolio puede utilizarse en reuniones de grupos pequeños, o para dar información individualmente.

Agradecimientos

Este rotafolio es una adaptación del manual original titulado *A Breast Health and Breast Screening Bilingual Community Education*. El recurso original fue elaborado por Sydney West Area Health Service in 2007, y financiado por una subvención del Cancer Institute NSW. El objetivo de la subvención fue preparar recursos para el Multicultural Health Network's Bilingual Community Health Education Program.

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Ilustraciones por Julie Haysom.

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Facilitator notes - The breast

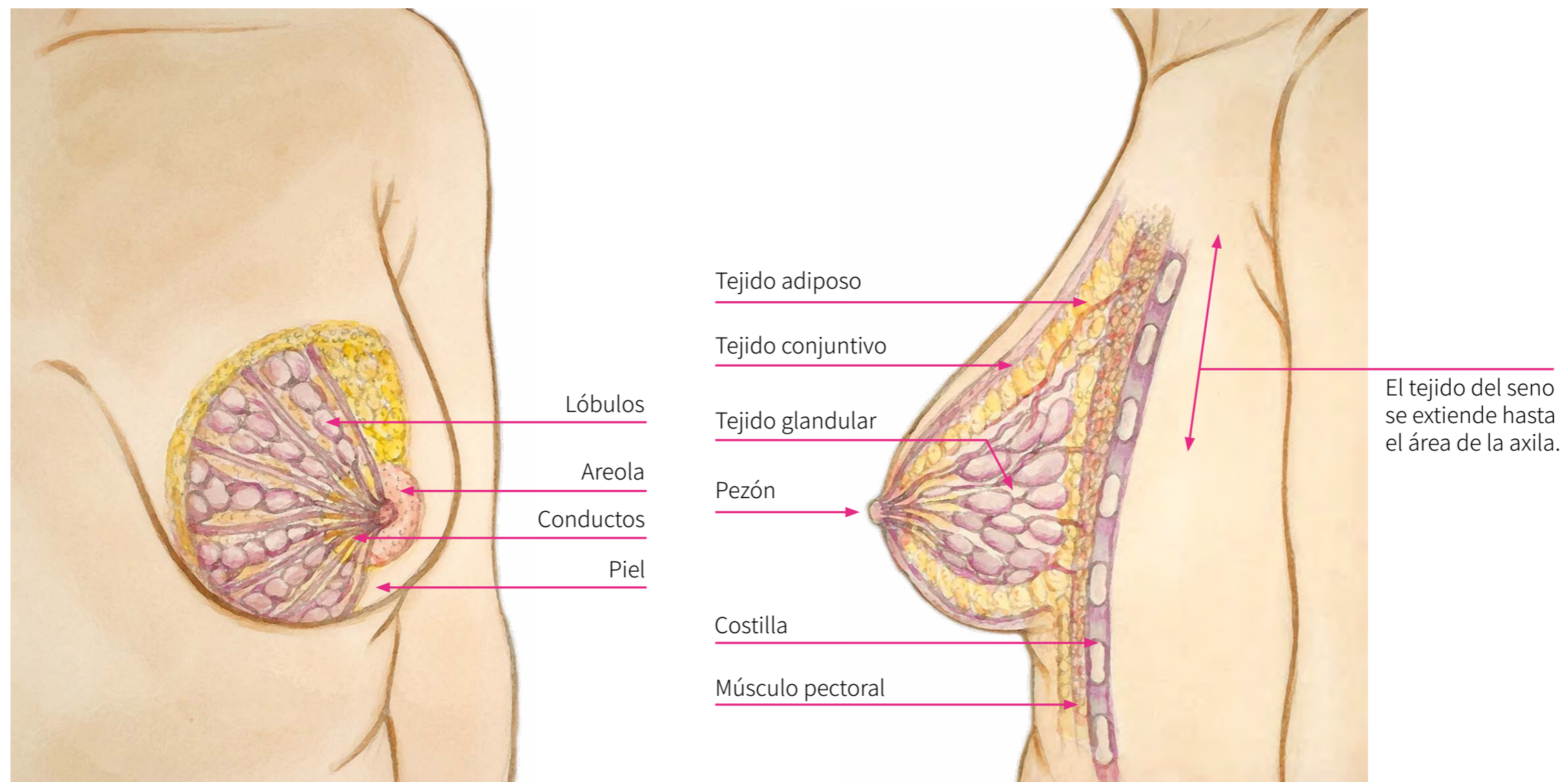
- Breasts are made up of lobules and ducts surrounded by fatty and connective tissue.
- Lobules produce breast milk.
- Ducts carry milk to the nipple.
- Breast tissue covers not just the breast mounds, but also the area from the collarbone to the bra line, and may extend into the glands under the arms. Please see activity.

Activity

Demonstrate the area from your collarbone to bra line and point to the glands under your arms.

Los senos

- Los senos están compuestos de lóbulos y conductos, rodeados de tejido adiposo y conjuntivo.
- Los lóbulos producen la leche materna.
- Los conductos llevan la leche al pezón.





Facilitator notes - Breast health

- Every woman's breasts are different. Breasts differ in size, shape and colour of the nipples.
- Women's breasts change at different times in their lives. They change with women's menstrual cycle, when pregnant, while breastfeeding, and as we grow older.
- It's sometimes hard for us to talk about our breasts to others because our breasts are private.

Salud de los senos

- Los senos de cada mujer son distintos. Difieren en tamaño, forma y color de los pezones.
- Los senos de las mujeres cambian en diferentes etapas de sus vidas.
- Es importante que usted se familiarice con el aspecto y cómo se sienten sus senos.





Facilitator notes - Being breast aware

- Look at and feel your breasts when you are showering, drying yourself or dressing. Get to know what is normal for you.
- *Do you know what your breasts usually look like?*
- If you notice any changes, or feel a lump in your breast, see your doctor as soon as possible.

Breast changes to be aware of (refer to graphic):

- If you notice any of these changes, discuss this with your doctor as soon as possible.
- Remember, it's never too early or too late to start being breast aware. It's important to check your breasts.

Ser conscientes de los senos

- Es importante que usted se familiarice con el aspecto y cómo se sienten sus senos.
- Mire y palpe sus senos cuando esté en la ducha, secándose o vistiéndose. Aprenda a conocer lo que es normal para usted.

Fíjese si hay...



Un cambio en el tamaño o forma del seno.



Un cambio en el pezón, tal como costras, una úlcera, enrojecimiento o inversión.



Secreción del pezón que ocurre sin apretar.



Un cambio en la piel del seno, tal como enrojecimiento u hoyuelos.

Busque al tacto...



Un nuevo bulto o nódulos, especialmente si es en un seno solamente.



Un dolor inusual en su seno o axila que no desaparece.

Facilitator notes - Breast cancer

It's important for women to talk about breast cancer:

- Many of us have uncomfortable feelings about cancer.
- Some of us find that just saying the word cancer is frightening, or we don't want to say it out loud.
- There are many different reasons it can be difficult to talk about cancer (see activity).

Breast cancer:

- Breast cancer is the most common cancer among women.
- As you can see, 1 in 7 women in NSW will develop breast cancer.
- Men also develop breast cancer. However, this is far less common.

Myths and misconceptions:

- You cannot catch breast cancer. It's not contagious.
- Breast cancer is a common health issue for women; it's not something to feel ashamed of.
- Injuries to your breast do not cause breast cancer.
- You cannot get breast cancer just by talking about it.

Activity

How does talking about cancer make you feel?

Do you know someone who has experienced breast cancer?

Cáncer de mama

- Es importante que las mujeres hablen sobre el cáncer de mama.
- El cáncer de mama es el tipo más común de cáncer entre las mujeres de Australia.
- 1 de cada 7 mujeres de NSW contraerán cáncer de mama.

**1 de cada 7
mujeres**

**de NSW contraerán
cáncer de mama.**



Facilitator notes - What is breast cancer?

What is breast cancer?

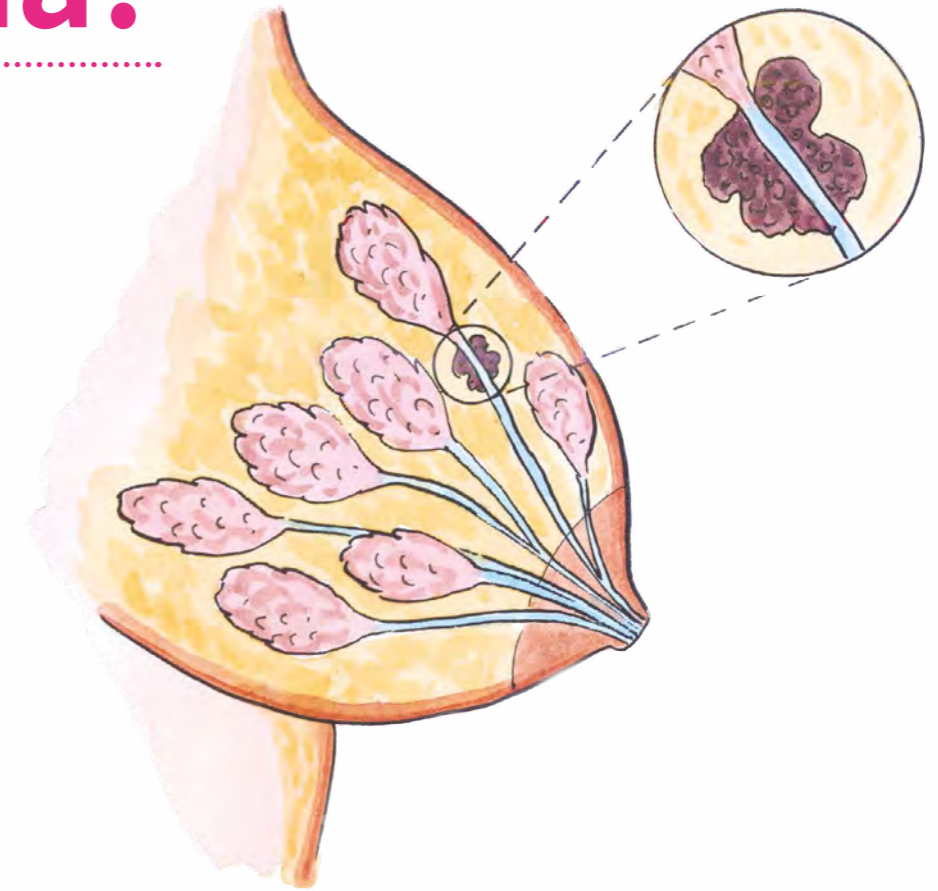
- Breast cancer is a collection of cells in the breast tissue that grow in an uncontrolled manner.
- There are different types of breast cancer. This can depend on where the cancer is within the breast, or if it has spread to an area outside of the breast.
- Being a female and over 50 are the two biggest risk factors for breast cancer.
- Having regular screening mammograms is the best way to find breast cancer early in women over 50.
- Even if there is no breast cancer in your family, you are still at risk.
- If you do have a family history of any type of cancer, please talk to your doctor about this.

Finding breast cancer:

- Fear of finding cancer can be a reason why some women do not have mammograms.
- A mammogram cannot stop you from getting breast cancer, but is the most effective way to find breast cancer.
- Mammograms can find cancers when they are as small as a grain of rice.
- Even when they are diagnosed with breast cancer, women may not identify as being “sick” or “unwell”.
- When breast cancer is found early, women have more treatment options and better outcomes.

¿Qué es el cáncer de mama?

- El cáncer de mama es una colección de células del tejido mamario que crecen de manera incontrolada.
- Hay diferentes tipos de cáncer de mama y diferentes tratamientos.
- Las mujeres pueden tener cáncer de mama sin notar ningún síntoma o cambio.



Los principales factores de riesgo para el cáncer de mama son:

- ser mujer
- tener más de 50 años



Facilitator notes - Breast screening

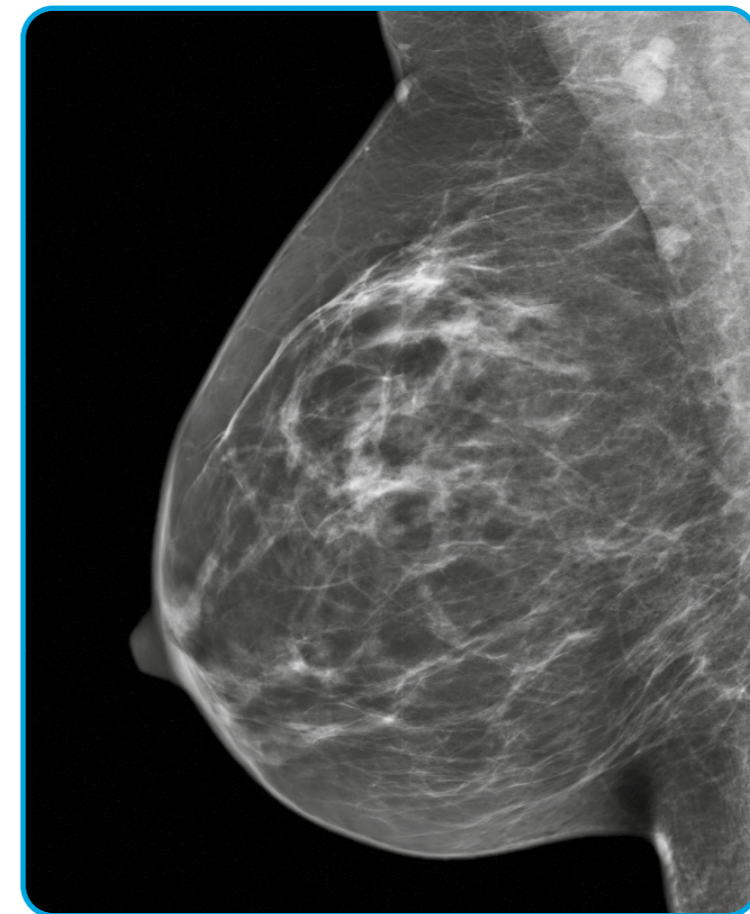
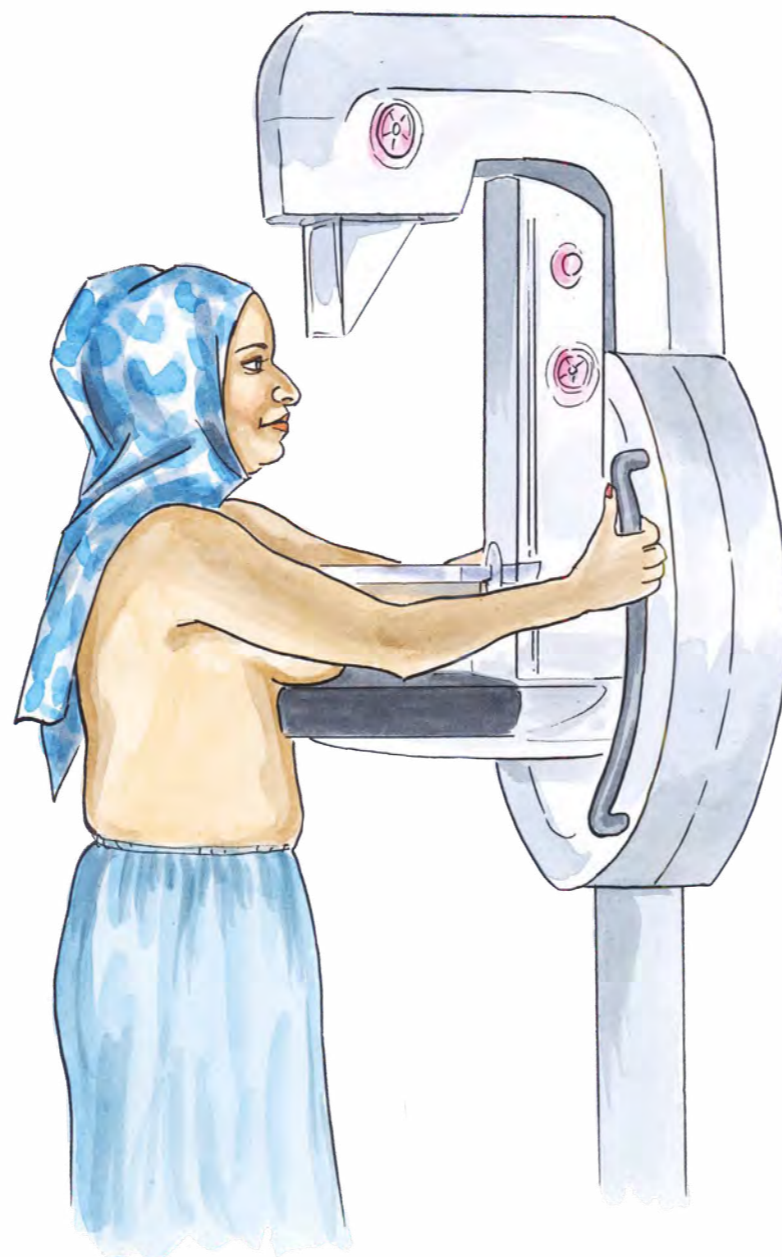
- A mammogram is an x-ray of a woman's breast.
- The mammogram is done by a female radiographer.
- Each breast is x-rayed from top to bottom, and from side to side.
- The mammogram presses the breast (**demonstrate with hands**) to get the best picture of the breast possible.
- The pressing can be uncomfortable, but should not be painful. The breast is only pressed for a few seconds – it is very quick.

Other information:

- **Radiation:** As with any x-ray, a very low amount of radiation is needed when taking a mammogram. Research shows that the benefits of having a mammogram outweigh any risks from radiation.
- **Breast implants:** Most women with breast implants can have a mammogram. Women need to tell BreastScreen NSW when they make their appointment.
- **Pregnancy:** Women who are pregnant are not eligible to be screened.
- **Breastfeeding:** Women who are breastfeeding should advise the staff when making their appointment.

Prueba de detección del cáncer

- Una mamografía (llamada también 'breast screen') es una radiografía de los senos de la mujer.
- Cada seno es examinado con rayos-X por un radiólogo, de arriba a abajo, y de lado a lado. La máquina comprime el seno.



Facilitator notes - Having a mammogram with BreastScreen NSW

- BreastScreen NSW recommends women aged 50–74 years have a mammogram every two years. Research tells us screening is of most benefit for women in this age group.
- Reminder letters are sent every two years for women in this age group.
- BreastScreen has many screening clinics across NSW, as well as mobile vans that visit more than 180 locations every two years.
- Radiographers are female and specially trained.
- The x-ray rooms are very private, with just the client and the radiographer present.
- A doctor's referral is not required.
- Call 13 20 50 to book an appointment. Call 13 14 50 if an interpreter is required.

Women 40–49 years and women 75 and over

- The risk of breast cancer is lower in these age groups.
- Talk to your doctor about whether screening at this time is right for you.

Women who have screened previously with BreastScreen

- Women who have screened previously can book online using a special code. BreastScreen will send the code to you in a letter.
- If you do not receive a letter from BreastScreen, you should call and make an appointment.

Activities

- Hand out BreastScreen NSW appointment cards and brochures to all women.
- Mock call to make a booking.
- Demonstrate searching for a clinic by suburb online (www.breastscreen.nsw.gov.au).
- Consent forms: Explain and assist women to complete their consent form, which they will need to provide at their appointment.

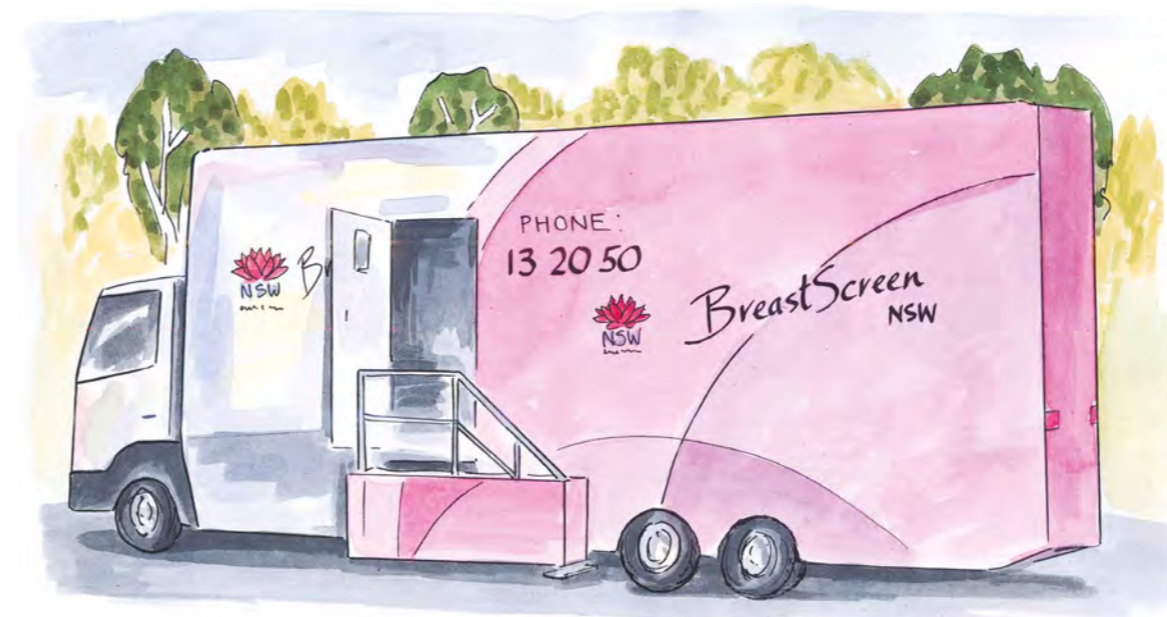
Cómo hacerse una mamografía con BreastScreen NSW

- Las mujeres entre 50 y 74 años deben hacerse una mamografía cada dos años.
- Es gratuita.
- BreastScreen NSW es para mujeres que no tienen síntomas en los senos. Aquellas con síntomas deben ver a su médico inmediatamente.
- Cuando usted cumpla 50 años, recibirá una carta por correo invitándola a hacerse una mamografía.
- Hay más de 200 lugares en NSW para exámenes de detección, incluyendo camionetas móviles.
- Todos los radiólogos son de sexo femenino.
- No se necesita derivación por un médico.
- Las salas de rayos-X son muy privadas.

Puede encontrar la clínica más próxima en el sitio web de BreastScreen NSW
breastscreen.nsw.gov.au

Encuentre su lugar más cercano para hacerse la detección

Ingrese su código postal o suburbio.



Facilitator notes - Going to the clinic

Interpreters

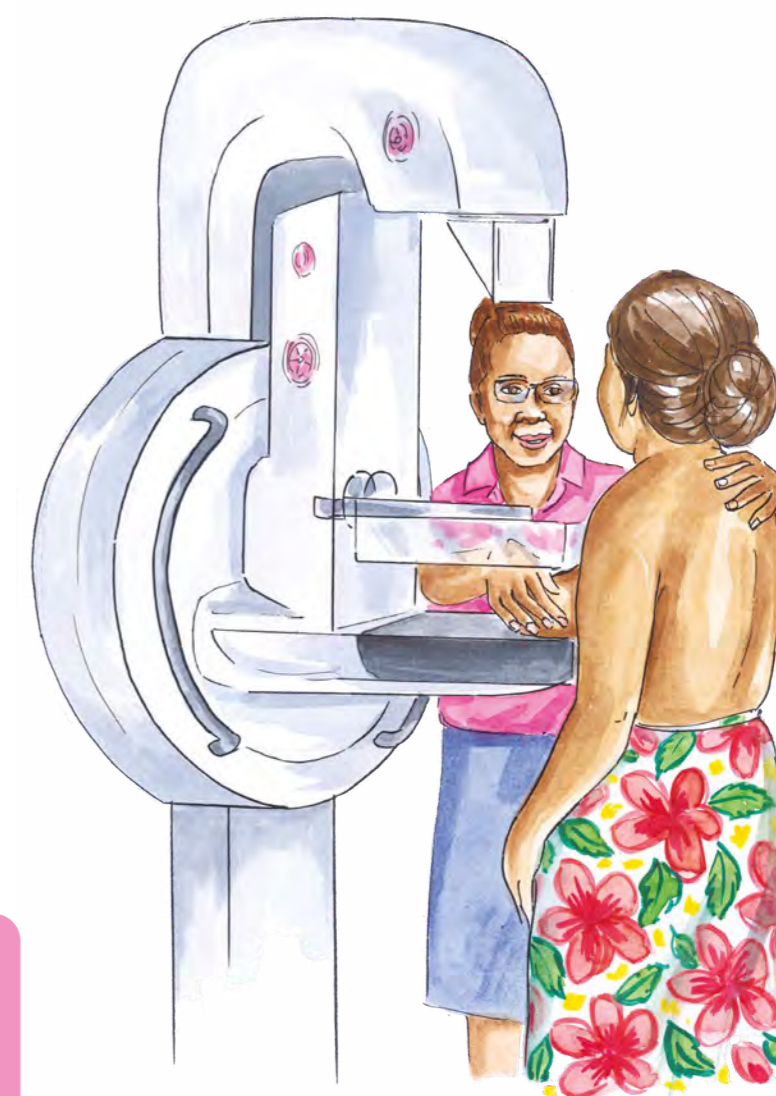
- Do you need an interpreter? Please tell staff when you book your appointment that you need an interpreter.
- In most cases it will be a telephone interpreter, arranged by the BreastScreen NSW reception staff.
- Please do not bring family members as interpreters, especially children.

What happens at the clinic?

- Your appointment will take about 20 minutes.
- BreastScreen NSW will give you a registration form that will need to be completed before you are screened. Please ask the staff any questions you may have.
- Wear something that is easy to take off for your appointment, such as a top with a skirt or pants. You will be asked to undress to the waist, including removing your bra.
- Do not use powder or deodorant before your appointment.
- In the x-ray room, a female radiographer will position you and take the x-rays. This will include touching your breast.
- The x-ray plates need to press very firmly on your breasts to get the best picture possible. The pressure can be uncomfortable. However, it only lasts for a few seconds.
- After the mammogram, you will be asked to get dressed and the appointment will be finished.
- You will not be given your x-rays or results at this time.

Cuando vaya a la clínica

- La cita tiene una duración de aproximadamente 20 minutos.
- BreastScreen NSW le dará un formulario de inscripción que hay que completar antes del examen.
- Vístase con una blusa o suéter y falda o pantalones. No un vestido. Le pedirán que se desvista hasta la cintura, quitándose incluso el sostén.
- No se ponga polvos o desodorante antes de la cita.
- En la sala de rayos-X, una radióloga la pondrá en posición y tomará las placas de rayos-X.
- Después de la mamografía, usted se vestirá y la cita finalizará.
- Recibirá sus resultados por correo en aproximadamente dos semanas.



¿Necesita una intérprete?

Dígase lo al personal cuando llame para pedir hora para su cita.

Facilitator notes - After your mammogram: The results

- Two specially trained doctors will carefully examine your x-rays.
- You will receive your results in the mail within two weeks:
 - **Normal results:** There is no evidence of breast cancer. You will be reminded to come back for another screening mammogram in two years.
 - **Recall to assessment:** Sometimes something shows up on the x-ray that looks different to a normal breast x-ray and you will be called back for more tests. It is very important to go back and have the extra tests.
 - 1 in 10 women will be called back for more tests.

Después de la mamografía: Los resultados

Recibirá sus resultados por correo dentro de las dos semanas siguientes.



Resultados de la prueba – Lo que significan:

Normal: Todo está bien. No hay señales de cáncer. Regrese en dos años para otra mamografía.

Llamada para evaluación: Un área de la radiografía se ve distinta y necesita hacerse más pruebas.

Facilitator notes - What are more tests?

Assessment

- If BreastScreen NSW asks you to return for more tests, this is called an assessment.
- Remember, most women who have assessment tests do NOT have breast cancer.
- Assessment tests are FREE.
- Assessment tests take 2–4 hours.
- You can bring a friend or relative to wait with you.
- Doctors, nurses and counsellors are available to support you during the assessment.

¿Qué significan más pruebas?

Evaluación

- Si BreastScreen NSW le pide regresar para hacerle más pruebas, lo cual se llama una evaluación.
- Recuerde: la mayoría de las mujeres que precisan pruebas de evaluación NO tienen cáncer de mama.
- Las pruebas de evaluación son GRATUITAS.
- Las pruebas de evaluación demoran de 2 a 4 horas.
- Hay médicos, enfermeras y consejeras disponibles para apoyarla durante la evaluación.
- Puede hacerse acompañar por una amiga o familiar que espere con usted.



Facilitator notes - If you have breast cancer

- Assessment tests sometimes show that you have breast cancer, even if you are feeling well or have no obvious signs or symptoms.
- Being told you have breast cancer can come as a shock to most women. Highly trained staff will be there to support you and answer all your questions.
- Breast cancer is a common women's health issue. Most women who have breast cancer are treated successfully.
- It is not your fault. It is not something to be ashamed of. You can't make it worse by talking about it.
- You will receive information about the type of breast cancer, your treatment options and what to do next.

Si tiene cáncer de mama

- Las pruebas de evaluación a veces muestran que usted tiene cáncer, aún si se siente bien.
- Ser informada de que tiene cáncer puede ser un shock para la mayoría de las mujeres. El personal estará allí para apoyarla y contestar todas sus preguntas.
- El cáncer de mama es un problema común de la salud femenina. Muchas mujeres que tienen cáncer de mama son tratadas exitosamente.
- El cáncer de mama no es culpa de nadie.
- El personal le dará la información y apoyo que necesite.

Facilitator notes - Ways to reduce your risk of breast cancer

Mammograms help find breast cancer early; they do not prevent cancer.

To reduce your breast cancer risk:

- Maintain a healthy body weight. Find out if you are a healthy weight by talking to your doctor.
- Be physically active every day.
- Avoid alcohol or reduce the amount you drink.
- Eat a healthy diet that is high in vegetables, fruit, legumes, and wholegrains, such as wholemeal pasta, noodles, bread, brown rice, oats and couscous. Aim for two serves of fruit and five serves of vegetables each day.
- Eat less red meat and avoid processed meats such as bacon, ham and salami.
- Quit smoking.

Formas de reducir su riesgo de cáncer de mama

Las mamografías ayudan a descubrir el cáncer temprano: no previenen el cáncer.

Para reducir su riesgo de cáncer de mama:

- Mantenga un peso saludable
- Haga actividad física todos los días
- Evite beber alcohol o beba menos
- Consuma una dieta rica en fibra
- Deje de fumar



Facilitator notes - Summary

- Mammograms are important.
- Finding breast cancer when it is small gives women the best chance of successful treatment and being well again.
- Women are invited (usually by a letter in the mail) to have a mammogram with BreastScreen NSW every two years from the age of 50.
- If you do not receive an invitation, please call and make an appointment.
- Mammograms with BreastScreen NSW are FREE and a doctor's referral is not needed.
- Call 13 20 50 to book an appointment. If you need an interpreter, call 13 14 50.
- Most women who develop breast cancer DO NOT have a family history of breast cancer.
- BreastScreen NSW is for women with no breast symptoms (soreness, redness, discharge, dimpling). If you notice any changes in your breasts, it is important to see your doctor first.
- From age 75, BreastScreen NSW stops sending reminder letters. However, you can keep coming for free. Talk to your doctor about whether you need to keep having mammograms.

Resumen

- Las mamografías son importantes porque descubrir el cáncer cuando es pequeño da a las mujeres más opciones de tratamiento y mejores resultados.
- Se invita a las mujeres a hacerse una mamografía con BreastScreen NSW cada dos años a partir de los 50.
- Sírvase llamar al 13 20 50 para concertar una cita.
- Si necesita una intérprete, llame al 13 14 50.
- BreastScreen NSW es GRATIS.
- No se necesita derivación por un médico.
- BreastScreen NSW es para mujeres que no tienen síntomas en los senos (dolor, enrojecimiento, secreción, hoyuelos). Si nota cualquier cambio en sus senos, es importante que vea a su médico primero.
- Si tiene 75 años o más, pregúntele a su médico si todavía necesita una mamografía.



**Las mamografías
con BreastScreen
NSW son
GRATUITAS.**

Facilitator notes - For more information

- Visit the program website at: breastscreen.nsw.gov.au.
- Call BreastScreen NSW on **13 20 50**.
- If you need help in your language, call the Translating and Interpreting Service on **13 14 50**.

Demonstrate finding the brochures from the website

Translated brochures are available in 28 languages
www.breastscreen.nsw.gov.au/about-screening-mammograms/information-in-other-languages.

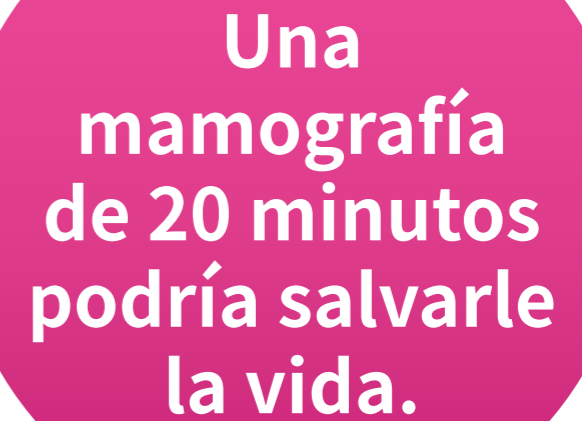
Para obtener más información

Visite breastscreen.nsw.gov.au

- Llame al **13 20 50** para pedir una cita.
- Llame al **13 14 50** si desea una intérprete.

Hay disponibles folletos traducidos en 28 idiomas.

Están disponibles en el sitio web.



Una
mamografía
de 20 minutos
podría salvarle
la vida.

Facilitator notes - Our cancer screening programs

Screening programs in Australia

- Cancer screening is the use of simple tests to look for early signs of cancer, or the conditions that cause cancer.
- Screening tests can find cancer before you can see or feel any changes to your body. When you find cancer early, it is easier to treat successfully.
- In Australia, there are three national screening programs. These are for bowel, breast and cervical cancers.
- If you are unsure about doing a screening test, talk to your doctor to help you decide.

Nuestros programas de detección del cáncer

NATIONAL BOWELCANCER SCREENING PROGRAM



La detección temprana mediante un examen especial salva vidas

NATIONAL CERVICAL SCREENING PROGRAM

A joint Australian, State and Territory Government Program

Facilitator notes - Bowel Screening

If you're aged 50–74 years and have a Medicare card, the Commonwealth Government will send you a free bowel screening test kit in the mail every 2 years.

- Bowel cancer can develop slowly, without any signs or symptoms.
- The bowel screening test kit is free, simple and can be done in your own home.
- The test can find changes in the bowel early.
- If found early, 9 out of 10 bowel cancers can be successfully treated.
- Do the test when it comes in the post. It could save your life.
- The test kit instructions and other resources are available online in more than 20 languages: cancerscreening.gov.au/translations.
- To find out more, call the National Bowel Cancer Screening Program info line on **1800 627 701** or call the Translating and Interpreting Service on **13 14 50** (for help in your language).

Detección del cáncer de colón

- Un estuche de prueba (test kit) puede detectar cambios en el intestino mucho tiempo antes que se aparezcan señales o cambios.
- Si se descubre temprano, 9 de cada 10 casos de cáncer de colon puede ser tratado exitosamente.



A los hombres y mujeres entre 50 y 74 años de edad recibirán un test kit cada dos años.

Facilitator notes - Cervical screening

- Women aged 25–74 should have cervical screening every 5 years.
- You can book a Cervical Screening Test with your local doctor or nurse. You don't need to go to a specialist doctor.
- Some doctors provide this for free. You can ask about the cost when you book an appointment.
- You can ask for a female doctor or nurse to perform the test.
- Cervical cancer can be prevented by having the Cervical Screening Test, because it looks for an infection which causes cervical cancer.
- **Book an appointment with your doctor or nurse.**

Note: If it's been more than 2 years since your last Pap test or you have never had a test before, you should book an appointment as soon as possible. If the result is normal you will then be due for your next test in 5 years' time.

Detección del cáncer del cuello uterino

- La prueba de detección cervical previene el cáncer del cuello uterino al descubrir la infección que lo causa.
- Concierte una cita con su médico o enfermera.



Las mujeres entre los 25 y 74 años de edad deben hacerse un examen de detección cervical cada 5 años

Cancer Institute NSW

cancer.nsw.gov.au

Locked Bag 2030, St Leonards NSW 1590

t +61 (0)2 8374 5600

cinsw-information@health.nsw.gov.au

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