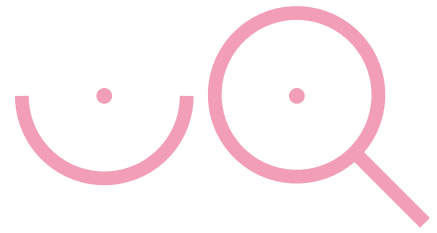


Screening for breast cancer



If you are aged between 50 and 69, you can be screened for breast cancer. A screening is an examination of women who do not have symptoms of breast cancer. There are better treatment options if breast cancer is detected early.

The Danish Health Authority recommends screening for breast cancer. But it is important that you make the decision yourself.

Why are you invited to the screening?

If breast cancer is detected early, treatment options are better. Therefore, you are invited to an examination even though you have no symptoms of breast cancer.

Even if you are screened, you may still have or develop breast cancer. Therefore, you should always see your doctor if you have symptoms such as:

- A hard, not sore lump
- Retraction of the skin or of the nipple
- Clear or bloody fluid from the nipple
- Swollen, hard lymph nodes in the armpit

How is the screening performed?

The screening is an X-ray taken of both breasts (mammography). If the screening does not raise suspicion of breast cancer, you will be offered another screening in about two years.

If the screening indicates that you may have breast cancer, you will be offered further examinations of your breasts within 14 days.

Your Region can answer your questions

Your Region can answer any questions about the examination and when it is time for a new examination.

North Denmark Region

(Region Nordjylland)

- For screening in Aalborg or Thisted, +45 97665070
- For screening in Frederikshavn, +45 97641297

Central Denmark Region +45 78420170

(Region Syddanmark)

Region of Southern Denmark +45 65411603

(Region Syddanmark)

Region Zealand +45 47320820

(Region Sjælland)

The Capital Region of Denmark +45 38671760

(Region Hovedstaden)

What are the pros of screening?

- There are better treatment options if cancer is detected early. By taking part in the screening, you can reduce your risk of dying from breast cancer.
- If cancer is detected early, there is a higher chance that you can be offered breast-conserving surgery. You may also avoid having lymph nodes in your armpits removed. You may also have a lower risk of needing medical treatment such as chemotherapy.

What are the cons of screening?

- In some cases, the screening may detect breast cancer that will not affect you in your lifetime. By participating in the screening, you risk receiving unnecessary – and possibly harmful – treatment.
- If the screening indicates that you may have breast cancer, you will be offered further examinations, but it is not certain that you have breast cancer. The suspicion may turn out to be benign changes or dense breast tissue. The period in which you are waiting for the test results may cause anxiety.
- Even if the screening does not detect breast cancer, you may nevertheless have or develop breast cancer.
- Some women experience discomfort and pain as the breasts are squeezed during the examination.

You can read about breast cancer and the screening programme at www.sst.dk/screening or by scanning the QR code with the camera on your phone.

