



# Jillian Skinner MP

## Minister for Health

## Minister for Medical Research

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## MEDIA RELEASE

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### **MAKE TIME FOR A MAMMOGRAM THIS PINK RIBBON DAY**

The Minister for Health and Minister for Medical Research, Jillian Skinner, is encouraging women aged 50 – 69 years to pencil in some breast check time for Pink Ribbon Day.

“Mammograms save lives – it’s as simple as that,” Mrs Skinner said.

“Pink Ribbon Day is a valued reminder for all women, particularly those over 50, to pencil in half an hour every two years to have their breasts checked.

“In the same time it takes to have a lunch break we can proactively fight this terrible disease, which is the most common cancer among women in NSW.

“If detected early there is a 97 per cent chance of survival from breast cancer, so there is no excuse not to book in for a breast check.”

According to the Cancer Institute NSW, only half of women aged between 50 and 69 years are having regular mammograms.

“Nine out of 10 women diagnosed with breast cancer do not have a family history.

“On Pink Ribbon Day, everyone should pass on the good habit of being breast-aware to their daughters, sisters, mothers and grandmothers. It could save their lives,” Mrs Skinner said.

The Chief Cancer Officer and CEO of the Cancer Institute NSW, Professor David Currow, said Pink Ribbon Day is the perfect time to book in for regular mammograms from age 50.

“Being breast-aware encourages an understanding of the usual look and feel of your breasts. Whilst mammograms are most effective at detecting breast cancers early among women aged 50 – 69, all women should be able to recognise any changes to their breasts and visit their GP if they notice something out of the ordinary.

“These changes might be a new lump or change in the thickness of your breast. Any change in breast size, nipple discharge or unusual redness or dimpling may also be signs that require further examination, so don’t delay and visit your doctor,” Professor Currow said.

Women can make an appointment for a free mammogram at their local BreastScreen NSW clinic by calling 13 20 50. For more information visit [www.bsnsw.org.au](http://www.bsnsw.org.au)