

# BREAST & BOWEL SCREENING

البرنامج الوطني  
National Cancer  
Program للسرطان

مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION



مؤسسة حمد الطبية  
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**SCREENING  
IMPACTS  
MORE THAN  
JUST YOU...**

# Breast Cancer Screening Importance for Women.



The Breast and Bowel Screening Program is a life-saving, population-based initiative that aims to promote education, awareness and early detection of breast and bowel cancer in Qatar. Titled ‘Screen for Life’, it is being conducted under Qatar’s National Cancer Program which represents a shift towards preventive and community-based care. The Primary Health Care Corporation (PHCC), a provider of a wide range of primary healthcare services across the State of Qatar, has been given the authority to lead the program. The program encourages women aged **45-69 years** with no symptoms to receive breast cancer screening through mammography, which is generally considered safe, quick and relatively painless. The Ministry of Public Health recommends breast cancer screening every three years.

**Dedicated breast and bowel screening centers have been opened in Qatar at the following Health Centers:**

 **Al Wakra**       **Leabaib**       **Rawdat Al Khail**  
 **Mobile Mammogram Screening Unit**



## Do you know?

The Survival rate from Breast Cancer is nearly

# 100%

when caught at an early stage. <sup>1</sup>

## WHEN SHOULD YOU GET SCREENED?

If you are a woman **aged 45-69** with no symptoms, then you have to get screened. <sup>2</sup>

## WHAT ARE THE SYMPTOMS OF BREAST CANCER?

- A persistent lump in the breast.
- One or more lumps in the armpit.
- Changes in the shape or size of the breasts, particularly if only one breast changes.
- Breast skin changes, such as dimpling, puckering, redness, increased warmth, thickening, or itching.
- Nipple changes, such as sudden inversion, discharge, or scaling.

**If you have one or more of the above symptoms, consult your PHCC physician.**

<sup>1</sup> - National Breast Cancer Foundation, Inc. (U.S.) / <sup>2</sup> - Qatar's Ministry of Public Health National Guidelines



**You should get screened if you are between 45 - 69 and asymptomatic (whether you have any of these risk factors or not). Contact PHCC Call Center at 8001112 to book your appointment**

## **WHAT ARE THE RISK FACTORS?**

- A close blood relative (*mother, sister, daughter*) has had breast cancer.
- Women with a father or brother who had breast cancer.
- You have had breast cancer in the past.
- You have inherited abnormal genetic markers that indicate risk, particularly two abnormal genes: BRCA1 (*breast cancer gene one*) and BRCA2 (*breast cancer gene two*).
- You have dense breasts, which means you have a lot of fibrous or glandular tissue and not much fatty tissue in your breasts. Breast density can be determined through screening.
- You had your first child after age 30.
- You started menstruating early (*before age 12*) and / or started menopause later (*after age 55*).
- You are overweight.
- You drink alcohol.
- You have a sedentary lifestyle.
- You smoke.

## **WHAT CAN I DO TO LOWER MY RISK?**

- Get at least 150 minutes per week of aerobic activity.
- Breastfeed for as long as possible.
- Consult your doctor to limit the dose and duration of hormone therapy.
- Avoid exposure to radiation and environmental pollution.
- Don't drink alcohol.
- Don't smoke.
- Control your weight.

# SCREEN FOR LIFE



## DOES SCREENING REALLY MAKE A DIFFERENCE?

Early detection of breast cancer vastly increases survival rates. Particularly when women who have no symptoms of breast cancer are screened, the disease can be found early, when treatments are more likely to succeed.

# WHAT IS A MAMMOGRAM?

A screening mammogram is a low x-ray exam of the breasts to look for changes that are not normal. A mammogram is used as part of a screening plan to check for breast cancer in women who have no signs or symptoms of the disease. Mammogram is generally considered safe, quick and relatively painless.

## WHAT YOU SHOULD KNOW BEFORE THE MAMMOGRAM:

- If you have previous mammograms and reports bring them to your appointment, or bring a list of where and when you had a previous mammogram.
- Be prepared to discuss any pertinent history—prior surgeries, hormone use, family or personal history of breast, ovarian or uterus cancer.
- Please arrive 30 minutes before your appointment. If you need to reschedule or cancel, call 24 hours in advance.
- Tell us if you are or may be pregnant or are breastfeeding.
- Let us know if you have breast implants.
- Let us know if you have had a breast biopsy.
- On the day of the examination, do not wear talcum powder, deodorant, lotion or perfume under your arms or on your breasts.
- If you wear jewelry (especially long earrings or necklaces), you should be able to remove it easily.



# WHAT WILL HAPPEN DURING MY SCREENING?

At PHCC, highly trained, experienced professionals use advanced equipment to complete your screening.

1. The technologist will review your medical history and any symptoms you've been experiencing related to your breasts.
2. In a private dressing room, you will prepare for the examination by putting on a gown.
3. In the exam room, the female technologist will position you standing at the mammography machine and place your breast over the receptor.
4. The machine applies moderate compression to your breast for a few seconds to obtain the clearest image.
5. Two X-ray views are usually taken of each breast with a digital mammogram.
6. The technologist will view your images on the computer screen in the room, only to assess the image quality.
7. You can leave immediately and resume normal activities.



## AFTER THE MAMMOGRAM:

If your mammogram result is normal you will receive a text message from PHCC.

If your mammogram screening is abnormal you will be contacted by the Doctor to explain further steps.



**An abnormal mammogram screening does not necessarily mean you have breast cancer.**

## Did you know?

Most breast cancer cases are detected by the woman herself, make sure you notice any changes in your breast and inform your doctor immediately, and do not wait for the next mammogram screening.

# SCREEN **FOR LIFE**

Scheduling a regular screening is one of the most important things you can do for your health, your future, and your family.

## Contact Us:

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