



# LISA'S STORY

Lisa has a mammogram  
*A test for women aged 50 to 74 years old*



The booklet is a story about the breast screening test called a mammogram.

The words and pictures in the booklet will help you learn about how to keep your body healthy.

The booklet has some hard words.

You can find the meaning of these words and extra pictures on our website

**[www.fpnsw.org.au/justchecking](http://www.fpnsw.org.au/justchecking)**



Lisa has turned 50 and gets a letter from BreastScreen NSW asking her to have a mammogram.

Lisa needs help reading the letter and asks her mum Nancy to explain.

Nancy explains that a mammogram takes an X-ray picture of her breasts to check for changes that could be cancer.



Lisa rings BreastScreen NSW to make an appointment.

The appointment is made for next week.

Lisa is nervous and asks her mum to go with her.



Lisa and Nancy arrive at the BreastScreen NSW clinic.

Lisa lets the receptionist know she is there for her mammogram.

The receptionist gives Lisa a form to complete.

The form asks questions about her health.

Lisa and Nancy complete the form.



Helen calls Lisa's name.

Helen is the radiographer who will take her X-ray pictures.

Helen introduces herself to Lisa.



Helen takes Lisa into the changing area.

She asks Lisa to take off her bra.

Helen then leaves the room.

Lisa takes off her bra and puts her shirt back on until it is time for her mammogram.



Helen returns and takes Lisa into the X-ray room.

She reads Lisa's form and asks her more questions about her health.

Lisa answers the questions.

Helen asks Lisa if she is ready to have her mammogram.

Lisa says "yes".





Helen asks Lisa to remove her shirt and move to the front of the X-ray machine.

She touches Lisa and lifts her left breast into the X-ray machine.

Helen explains that it might be slightly uncomfortable.

Helen moves behind the screen.



Helen tells Lisa she is starting the mammogram.

The machine closes and firmly squeezes Lisa's left breast.

Helen takes an X-ray picture.

The machine opens and releases Lisa's left breast.



Helen comes out from behind the screen and turns the X-ray machine around.

She takes another X-ray picture of Lisa's left breast but this time from different position.

Helen repeats the same process for the right breast.

She then tells Lisa that the mammogram is finished.



Lisa gets dressed and goes back to the waiting room where Nancy is waiting for her.

They sit in the waiting room while Helen checks that the X-ray pictures have turned out okay.



Helen returns and tells Lisa that the X-ray pictures have turned out okay.

She tells Lisa that she will get a letter with her results in a few weeks.

Lisa and Nancy say good bye to Helen and leave the clinic.



A few weeks later, Lisa gets a letter from BreastScreen NSW.

The letter says her breasts have no signs of breast cancer.

Lisa is glad she had the test and knows that her breasts are healthy.



# EXTRA NOTES

- If you notice an unusual change in your breasts such as a lump, see your doctor straight away.
- The mammogram might be a bit uncomfortable but it should not hurt.
- You can say “stop” at any time during your test if
  - it hurts
  - it is too uncomfortable
  - you have changed your mind

The radiographer must stop.



- Tell the radiographer straight away if you want to stop the test.
- You can ask questions if you are unsure or confused about the mammogram.
- Wear comfortable clothes that you can take off easily. Some people find it easier to wear a shirt with a skirt or pants rather than a dress.
- The mammogram is private. If you want to, you can talk about it to a trusted person like your family, friends or support worker.

## Other *Just Checking* resources

Family Planning NSW has a series of resources on cancer screening for people with intellectual disability. You can find the other resources in this series on our website [www.fpnsw.org.au/justchecking](http://www.fpnsw.org.au/justchecking)

### **Just Checking videos**

- Cervical cancer screening
- Breast cancer screening
- Bowel cancer screening

### **Just Checking social stories**

- Betty has a Cervical Screening Test
- Bob has a bowel screening test

### **Just Checking Support Person's Tool**

A guide for workers supporting a person with intellectual disability about cervical, breast and bowel screening.

## About Family Planning NSW

Family Planning NSW Family Planning NSW is the state's leading provider of reproductive and sexual health services.

Family Planning NSW is committed to recognising and supporting the rights of people with disability to live full and meaningful lives. We believe that people with disability have the same rights as everyone else to express their sexuality.

Our clinics provide a safe place for people with disability to talk about intimate and sometimes challenging issues. We produce 'easy to read' resources to support people with disability to learn about their sexuality and relationships. We also provide training and support to parents, carers, and service providers around disability and sexuality topics.

### **Family Planning NSW Ashfield**

328-336 Liverpool Road  
Ashfield NSW 2131  
Phone: 02 8752 4300

### **Family Planning NSW Hunter**

384 Hunter Street  
Newcastle NSW 2300  
Phone: 02 4929 4485

### **Family Planning NSW Fairfield**

Units 45 & 46 24-26 Nelson Street  
Fairfield NSW 2165  
Phone: 02 9754 1322

### **Family Planning NSW Dubbo**

2B/155 Macquarie Street  
Dubbo NSW 2830  
Phone: 02 6885 1544

### **Family Planning NSW Penrith**

13 Reserve Street  
Penrith NSW 2750  
Phone: 02 4749 0500

### **Family Planning NSW Talkline**

Reproductive and sexual health  
information and referral  
1300 658 886  
[www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)

### **Family Planning NSW Shop**

[www.fpnsw.org.au/shop](http://www.fpnsw.org.au/shop)



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