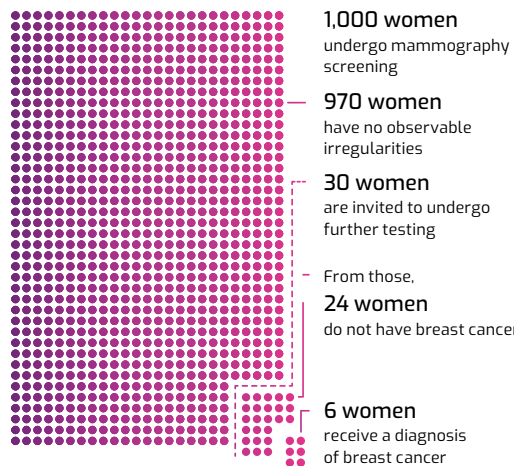


High quality mammography screening

The methods for breast cancer screening, specifically using mammography, are constantly being improved. Mammography methods used today involve digital low-energy X-rays, that provide images with the lowest possible radiation dose to the patient. All X-ray technicians and radiologists have special training and are required to have a certain amount of clinical experience to get certified. If it is medically necessary, patients may undergo additional ultrasound screening.

If 1,000 women undergo mammography screening



Screening every 2 years!

International studies recommend screening for breast cancer every two years.

Make an appointment

You can easily make an appointment for a mammogram at any certified radiology provider. A list of certified providers in your area is provided in the invitation letter from the social insurance. You can find a list of all providers in Austria at www.früh-erkennen.at.

You must bring your E-card to the appointment

You will receive a copy of your results within 7 days by mail, or you can pick it up in person.

Free telephone service line: 0800 500 181

Monday to Friday: 8:00AM to 6:00PM



For more information:
www.früh-erkennen.at



The Austrian Cancer Society recommends participation in the Austrian Breast Cancer Early Detection Program.



ÖSTERREICHISCHE KREBSHILFE

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BREAST CANCER EARLY DETECTION



REDUCE RISK

www.früh-erkennen.at

Why screen for breast cancer?

Every year in Austria, 5,000 women are diagnosed with breast cancer. The mammography is an X-ray of the breast and is currently the best method for detection of abnormalities or tumors. The social health insurance has a special Breast Cancer Early Detection Program that is free of charge. The Breast Cancer Early Detection Program is for women who do not have a family history of breast cancer or any symptoms.

IMPORTANT:

If you feel any abnormalities or have any symptoms, please see your doctor at any time for a referral for a mammogram, regardless of age.

Who can participate?

It is recommended that women between 45 and 74 participate in the Breast Cancer Early Detection Program.

- **You are between 45–74 years old**
your eligibility for free screening every two years is automatically programmed into your E-card.
- **You are between 40–45 years old, or 75 and above**
If you would like to register for the Breast Cancer Early Detection Program, you can register online or by calling 0800 500 181 toll free.

If you have any questions, feel free to talk to your doctor or you can find more information at www.früh-erkennen.at

Benefits and risks:

Benefits

- Breast cancer cannot be prevented, but can be detected early.
- Early detection is important because at an earlier stage, cancer therapies are gentler and the chances of recovery are better.
- Early detection and treatment can help save lives.

Risks

- An abnormal finding may lead to temporary anxiety, even if the findings of subsequent examinations indicate normal findings.
- There are tumors that develop slowly or even do not grow that may never become problematic. There is no way to know for sure, so treatment of any cancerous tumor is recommended.
- In a mammogram, X-rays are used to create the image of the breast tissue. The level of radiation from the X-rays is kept as low as possible.

**BREAST CANCER
EARLY DETECTION!
TO REDUCE RISK,
MAKE AN APPOINTMENT
TODAY!**

The path to your diagnostic result



Invitation/Reminder

We will send you a reminder when you are eligible to go for screening.



Information

Get information about Austria's Breast Cancer Early Detection Program.



Make a decision

Understand the risks and benefits of screening to make a decision.



Make an appointment

You can make an appointment at any certified X-ray facility or radiologist.



Preparing for the mammogram

The day of the mammogram, do not use any deodorant, crème, or powder on your skin.



Mammogram

Bring your E-card and any previous mammogram images with you.



Results

You will receive your results from the radiologist.