

Remember...

- It can be reassuring to **bring a friend or family member** when you come for assessment.
- All x-rays and tests at the assessment clinic are provided **free** of charge.
- Most women complete their assessment at one visit and **have the results before leaving**.

More Questions?

- Ask your BreastScreen Tasmania **counsellor** on

13 20 50

(local call cost)

- Speak with your **GP**.



Tasmania
DEPARTMENT of
HEALTH and
HUMAN SERVICES

BreastScreen
AUSTRALIA

A joint Australian, State, and Territory Government Program

So...

You have been called back for a follow up of your mammogram.

Remember...

- Most breast changes are **not cancer**.
- Most women who are called back for an assessment have **normal breasts**.
- It is **normal to feel worried** when you are unsure.

BreastScreen
TASMANIA

Tasmania's only accredited screening service

BreastScreen

TASMANIA

For further information, call us and ask to speak

to one of our counsellors on

13 20 50

Take a moment

- To think about the things you **normally do to relax** and **do them**.

Here are **some other ideas** that may help.

- **Talk with a friend.**
- **Do something that you enjoy.**
- **Walk** - briskly, with the shoulders back and head held high.

- **Do some gardening.**
- **Listen to music** - find a quiet place to sit comfortably with your eyes closed and listen to your favourite music.

- **Tidy a cupboard.**

- **Hobbies** - If you have a hobby, spend some time on it.

- **Listen to relaxation tapes.**
- **Keep busy at your work.**

Breathing

- Take a deep breath through your nose. Don't raise your shoulders or puff out your chest. Push the air downwards.
- Hold it for a second.
- Breathe out slowly and noisily through your lips.

Repeat a few times to help you **release tension**.

Relaxing your jaw

- Tightly clench your teeth together, then relax your jaw and notice how that feels.
- Lightly press your tongue against the roof of your mouth, behind your front teeth. Let your lips part slightly and **feel** your jaw **relax**.

- Do this a couple of times during each day and before you go to sleep.

Relaxing your forehead

- Frown - tighten your forehead and eyebrows. Then raise your eyebrows.
- Relax your face.

Feel the **tension go away**.