

WHAT ARE THE RESULTS FOR WOMEN WHO PARTICIPATE IN SCREENING REGULARLY?

Out of **1'000** women who have a screening mammogram every 2 years for 20 years:

750 will have all normal results (negative result)

250 will have an abnormality detected (positive result). Additional testing will be required (such as an ultrasound or biopsy)

In **185** of these cases the abnormality will be benign

In **65** of these cases the testing will confirm the presence of cancer

BETWEEN SCREENING EXAMS, REGULARLY CHECK YOUR BREASTS. IF YOU NOTICE ANY CHANGES, CONSULT WITH YOUR PHYSICIAN.

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FGDC
swiss
cancer
screening

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Avec le
soutien de



THE PROGRAMME IN GENEVA

WHO CAN PARTICIPATE?

- Women residing in the canton of Geneva, beginning at age 50, regardless of their nationality or residency permit.
- Cross-border workers age 50 and older who work in the canton of Geneva and have LAMal insurance.

HOW CAN I PARTICIPATE?

- If you are between 50 and 74 years old, every two years you will receive an invitation in the mail to have a screening mammogram. If you have not received one, you can request it by calling the Foundation at 022 320 28 28.
- Make an appointment at the certified radiology centre of your choice. The list of certified centres is included with the invitation.
- Along with the invitation, you will also receive a health questionnaire to fill out, sign and bring to the centre on the day of your mammogram.

HOW MUCH DOES IT COST?

- Beginning at age 50, screening mammograms performed as part of the programme are covered every 2 years by basic health insurance, regardless of the deductible. You only have to pay the 10% share, or about 20 CHF.
- Those with a health insurance subsidy can request reimbursement for the 10%.
- You can receive financial assistance for the screening. For more information, call the Foundation at 022 320 28 28.
- If an abnormality is detected by the mammogram, the costs of the additional testing will be reimbursed by basic insurance; however the deductible will be applied.

Screening mammogram

Information on the Geneva
breast cancer screening programme

www.depistage-ge.ch

**FONDATION GENEVOISE
POUR LE DÉPISTAGE
DU CANCER**

WHAT ARE THE ADVANTAGES AND DRAWBACKS OF SCREENING MAMMOGRAMS?

Like all other medical exams, mammograms have both advantages and drawbacks. If an abnormality is not detected, this does not completely guarantee that there is no breast cancer. It is also possible that breast cancer may develop in the time between two screenings (interval cancer).

ADVANTAGES

Mammograms can detect breast cancer early in its development, which increases the chances for successful treatment.

When cancer is detected at an early stage, the treatment is generally not as difficult: often the breast can be saved and chemotherapy is not needed. This decreases the side effects during and after treatment.

Screening is reassuring for most women (nearly 95%) who receive negative results.

DRAWBACKS

Mammograms can detect slow-growing tumours that may never affect your health. Because it is impossible to predict how a tumour will grow at the time it is diagnosed, it will be treated.

If an abnormality is detected, additional testing is necessary. In 9 out of 10 cases the abnormality is a benign lesion and not breast cancer. Waiting for results can be stressful.

There is minimal exposure to x-rays during a mammogram. Experts agree that the benefits outweigh the risks from the dose of radiation that women who participate in screening receive.

MAKE AN INFORMED DECISION

A mammogram can detect breast cancer in the early stages of development. Why is this important? Because rapid diagnosis means the chances of being cured are better and the treatment is less difficult. Take the time to learn about the advantages and drawbacks to breast cancer screening mammography so that you can decide whether or not to have this exam.

WHAT SHOULD I KNOW ABOUT BREAST CANCER?

Breast cancer is the most common cancer among women in Switzerland: about 5,900 are diagnosed and 1,400 die from the disease every year. The incidence of breast cancer increases with age, with nearly 80% of cases discovered in women over 50 years old.

WHAT IS A SCREENING MAMMOGRAM?

A mammogram is an x-ray of the breasts. It is the recommended screening test for detecting breast cancer early, before symptoms appear and before the tumour can be felt.

WHAT IS A BREAST CANCER SCREENING PROGRAMME?

Breast cancer screening is a public health programme. Currently 12 cantons in Switzerland have such a programme, which offers women aged 50-69 (or 50-74, depending on the canton) a screening mammogram every two years. These programmes meet strict quality standards:

- mammograms are independently reviewed by two radiologists;
- radiology technicians and radiologists receive both basic and continuing education;
- the devices used undergo quality control every year; and
- basic insurance covers up to 90% of the cost of the exam outside the deductible.

WHAT HAPPENS DURING THE EXAM?

- If you are still having menstrual periods, make an appointment in the two weeks after your period starts, when your breasts are less sensitive.
- A mammogram lasts 5 to 10 minutes. Plan for a total of 30 minutes for an appointment.
- On the day of the mammogram, do not apply any lotion to your body, or any powder or deodorant on your breasts or under your arms.
- A radiology technician will meet you. Two x-rays will be taken of each breast. For this, the breast will have to be compressed between two plates for several seconds, which may be uncomfortable.

WHEN WILL I GET THE RESULTS?

- After your appointment, the radiologist will analyse the images and send them to the Foundation, where an expert radiologist will review them a second time. The images will be reviewed a third time if there is any disagreement between the first two readings.
- The results will be sent to you in writing within eight business days. The results will also be sent to the doctor whose name you provided in the health questionnaire.

MORE INFORMATION ABOUT:

- Your doctor
- Your Geneva programme
www.depistage-ge.ch - 022 320 28 28
- swiss cancer screening
www.swisscancerscreening.ch
- The Geneva cancer league
www.lgc.ch - 022 322 13 33
- The Swiss cancer league
www.liguecancer.ch - 0800 11 88 11