



## Breast Cancer Screening

Breast cancer occurs when abnormal cells in the breast grow uncontrollably. It is a type of cancer that originates in the breast tissue. While breast cancer can develop at any age, the risk increases as a person gets older.

Your doctor can guide you in choosing the best course of action. If you're outside the recommended age range, women aged 40 to 49 or 75 and older can still schedule a free mammogram, provided they have no symptoms of breast cancer. Make sure to speak with your doctor for more details.

**Umuntu Ngabantu Ltd** is committed to the development, well being and health of individuals and the broader African - Australian community.



## Did You Know?

Breast cancer is the second most common type of cancer in New South Wales (NSW). Studies show that people from some culturally and linguistically diverse (CALD) communities are less likely to engage in breast and cervical cancer screenings than the national average.

Consequently, individuals from CALD backgrounds who are diagnosed with cancer often face worse outcomes and a reduced quality of life compared to those from non-CALD communities.



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