



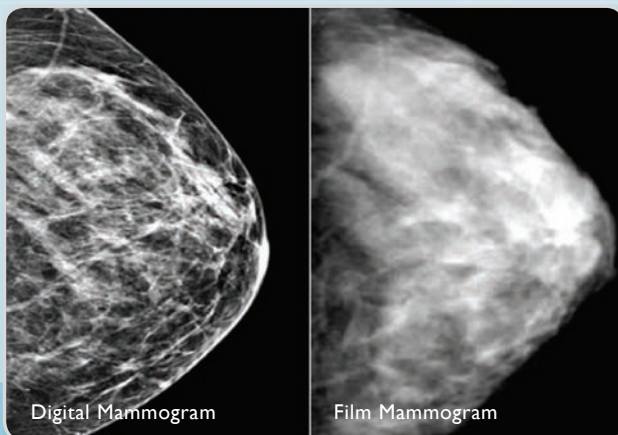
We support

# Pink Ribbon Day

This Pink Ribbon Day we will donate \$5.00 to the New Zealand Breast Cancer Foundation for every mammography examination.

## MAMMOGRAPHY SCREENING INTERVAL

**Auckland Breast Centre Specialists recommend annual screening mammography for all women over 40 years of age.**



### **Why from 40 years?**

20% of breast cancers occur between 40-50 years.

### **Why annual screening?**

Annual screening results in a smaller invasive tumour. The average annually screened cancer being 11 mm compared to 17 mm which is prognostically significant.

### **Why digital mammography?**

Because it is better at detecting breast cancer. The DMIST Trial showed that digital mammography is 14- 27 % more sensitive at detecting breast cancers in women who were less than 50 years, or had dense breasts, or were pre-menopausal.

- A screening interval longer than a 2 year interval has been shown to have no benefit.
- Use ultrasound in conjunction with mammography in women with dense breasts.
- MRI is the most sensitive modality in high risk women.

[www.aucklandbreastcentre.co.nz](http://www.aucklandbreastcentre.co.nz)

- Auckland Breast Centre
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- PO Box 31238 • Milford • Auckland 0741
- Ph: (09) 488 9179 • Fax: (09) 486 0410
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- Auckland Breast Centre @ Ormiston
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## Lymphoedema

Breast cancer treatment may result in surgical removal of lymph nodes and radiation therapy; this can cause damage to the lymphatic system stopping lymph fluid from freely flowing and causing a build up in parts of the body.

### Early Signs of Lymphoedema:

- Swelling of the arm, hand or breast
- A feeling of heaviness, tightness or numbness
- Pins and needles sensation
- Rings and clothing becoming tight

Lymphoedema is not the same as swelling or pain that immediately follows surgery and radiotherapy.

### The Auckland Breast Centre has a Lymphoedema Therapist who can:

- Educate regarding reducing lymphoedema risk, and provide;
- Lymphoedema assessment
- Lymphoedema treatment
- Bioimpedance measurement

## Lymphoedema Services

Lymphoedema Education - 1 hour \$60.00  
Risk Assessment, Circumferential Measurements, Massage + Garment Education

Lymphoedema Treatment - 1 hour \$60.00  
Includes: Measurements, Manual Lymphatic Drainage, Garment Fitting

Breast Lymphoedema Treatment - 1 hour \$60.00  
Includes: Manual Lymphatic Drainage, Bra Fitting

Mobiderm Foam \$15.00

Breast Lymphoedema

Medical Taping \$15.00

Bioimpedance Measurement \$15.00

### Garments:

Prophylactic Flying Sleeve \$100.00

Treatment Sleeve \$110.00

Treatment Sleeve + Gauntlet \$120.00

Glove \$120.00

## TESTIMONY OF JOAN

From the moment I walked into the reception area of Auckland Breast Centre in Milford, Auckland, I knew I was in the right place to receive the very best that could be offered to help me manage the daunting prospect of breast cancer. I had no prior information on what to expect and gratefully found the ambience calm and reassuring.

From my personal experience, everyone in the team communicated with their colleagues, advised me of the next step which was then performed with warmth, sensitivity and care.

I have no hesitation in recommending A. B. C. for their professionalism, before, during and after the medical procedure.

Do not be afraid, their door is always open.

*Joan.*

Screening Mammography  
**what is our recommendation?**  
ANNUALLY FROM 40 YEARS

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