

# AUSTRALIAN SCREENING MAMMOGRAPHY DECISION AID TRIAL

A decision aid for women aged 40 thinking about starting mammography screening



## Your personal worksheet

### Tick the risk factors you have

Important risk factors:

Personal history of breast cancer

This decision aid is not for you. You should seek clinical advice on managing your

Family history of breast cancer

If you have a strong family history this decision aid is not for you. You should see managing your breast cancer risk

Previous biopsies showing abnormal breast cells

Risk factors that increase your risk slightly:

Never had children

First child after age 30

Early age of first period (less than 12 years old)

Currently taking the oral contraceptive pill or hormone replacement therapy

Drink more than 2 standard drinks of alcohol per day

Have put on a lot of weight in adulthood

Consider if each of the following points make you feel like you want to start screening now, or if you want to think about it later.

For example if one of the points makes you feel very strongly that you may want to consider screening later, select a button close to the right hand side of the list, close to the words 'Consider screening later'. If you are unsure or neutral, select a button close to the centre.

### For 1000 women aged 40 who commence screening:

0.5 death from breast cancer is avoided because of screening.

This makes me feel I want to...

Start screening now            Consider screening later

7 more women are diagnosed with breast cancer over the next 10 years because of screening.

This makes me feel I want to...

Start screening now            Consider screening later

239 women will have extra tests because of screening.

This makes me feel I want to...

Start screening now            Consider screening later

740 women are reassured they do not have breast cancer because of screening.

This makes me feel I want to...

Start screening now            Consider screening later

Others:

Please describe them here

This makes me feel I want to...

Start screening now            Consider screening later

After weighing up the points, from the last two steps, tick the box that best describes which way you are leaning:

- I will start having a mammogram every 2 years  
 I will have a mammogram now and reconsider in 2 years  
 I am undecided  
 I will not have a mammogram now but I may reconsider in two years  
 I will not have a mammogram now but I may reconsider later when 50

Please tell us a little about why you have made the above choice.

Because I am more concerned about dying from breast cancer than worrying about false alarms and extra tests.

Before you make your final decision, you may want to discuss your decision with your doctor.

We would like to stress that the information contained in this website is based on data for Australian women aged 40-49 years. BreastScreen Australia recommends that women aged 50-69 years have a screening mammogram every two years.

EXAMPLE 2: Pam is 43 years old, she had her first child after the age of 30, and started her periods when she was about 10.

Pam is very worried about dying from breast cancer, so the 0.5 death avoided makes her feel very strongly about starting screening now. She also has quite strong feelings about being reassured that she does not have breast cancer.

Although the 239 women having extra tests is a reason for her to consider screening later, she doesn't have very strong feelings about this.