

What is Mammography?

A mammography is a simple examination of the breast. Using low-energy X-rays, the procedure can help to detect abnormality changes in the breast tissue. This will help to detect breast cancer early and treatment can be introduced promptly to save the breast.

Who can be screened on the Mammobus?

- Women aged 40 years old & above (Singapore citizen & Singapore PR)
- Have not gone for mammography in the last:
 - ✓ 12 months (40-49 years old)
 - ✓ 24 months (50 years old & above)
- Have no breast symptoms such as breast lumps or nipple discharge
- Have not been breastfeeding for the past 6 months
- Not pregnant

(Note: Patients with mobility aids are advised to have their mammogram screening done at our imaging centres.)



Who will be subsidized under BreastScreen Singapore (BSS)?

Age Group	Singapore Citizen	Singapore PR
Age 40 - 49 years*	✓ (Once a year)	✓ (once a year)
Age 50 years & above	✓ (once every 2 years)	✓ (once every 2 years)

What is the preparation for participants before going for the mammography screening?

- To **bring identity card** on the day of screening.
- Participants have to arrive 15 minutes prior the appointment time for registration on the Mammobus. (Should there be any cancellation of appointment, participants should inform the organizer's representative. The representative will then inform the staff on the Mammobus.)
- If any participant is pregnant or suspected to be pregnant, she should inform the radiographer before the mammography screening.
- Do not use any body lotion, deodorant, perfume, powder or ointment on the underarms or breasts on the day of screening.
- Wear a comfortable two-piece outfit as participants are required to undress from waist up.
- Remove any jewellery from body.

When will participants receive the results of the mammography screening?

Participants Subsidized Under Breast Screen Singapore (BSS)

- Participants will receive a letter indicating the result of the screening. It will be sent to their mailing address within 3 - 4 weeks after the screening.
- Should there be a need for further assessment; the participant will be referred to the assessment centre(s) stated in the letter.

FAQ

Q: If I have past history of Breast Cancer, can I be accepted?

A: To determine your eligibility for the screening, please answer the following questions - When was the cancer detected? Are you still being followed up by Oncologist/ Breast surgeon; or have you been discharged?

If you are still being followed up by your Specialist, you are advised to continue with the follow-up. However, if the cancer was cleared more than 5 years ago, and you have since been discharged by your doctor, you can have your mammograms done yearly, regardless of your age – You will be eligible for the subsidy under BSS.

Q: On the day of my mammogram, I am uncertain if I might be pregnant, what should I do?

A: You will be asked for the date of your Last Menstrual Period (LMP). If your LMP was more than 10 days ago, you will be advised to postpone the appointment by making an appointment on the 1st day of your next menses. Mammogram will be conducted only for participants who have provided endorsement to proceed with the screening.

Q: Can I request a pregnancy test to confirm if I am pregnant, and proceed with the mammogram if the test is negative?

A: Pregnancy tests may be negative or inaccurate if the pregnancy is in a very early stage.

Q: If I have a breast lump, can I be done under the BSS Programme?

A: If you have detected an obvious lump in your breast recently, we will advise you to consult a doctor ASAP. Your doctor will assess and refer you to a Specialist at a Hospital Breast Clinic if necessary. This is because the BSS programme is for those with no symptoms. The turnaround time for the result varies from 3 - 6 weeks (this includes further filming at Assessment Centre).

Q: If I have cysts in my breasts, can I be subsidized under the BSS Programme?

A: Cysts are benign. If you have had cysts diagnosed on a previous mammogram/ultrasound, you will still be accepted into the BSS Programme. However, do inform the Radiographer before the examination.

Q: How can I be sure that my information will be kept confidential?

A: The Personal Data Protection Act (PDPA) protects your personal data while enabling organisations to use your data reasonably to serve you. We, as a public healthcare institution, respect and keep your data safe by:

- Limiting access to only doctors and healthcare personnel who are involved in your care, and the supporting internal processes,
- Conducting regular checks to ensure only authorised persons have accessed your data, and
- Removing details that identify you when using your data for internal purposes as far as possible.