



National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

Breast cancer *Screening*

Caribbean Netherlands - Bonaire



The breast cancer screening is a free medical examination to check for breast cancer. Participation is voluntary. If you participate, we will make a mammogram (2 x-rays of your breasts). This allows us to detect breast cancer even before you start noticing anything is wrong.

What is breast cancer?

Breast cancer is a malignant tumor in the breast. Over time the tumor can metastasize and affect other parts and organs in the body. Breast cancer may grow slowly, but it can also spread rapidly.

Why is there a breast cancer screening?

About one out of seven women will develop breast cancer. The screening is intended to detect breast cancer at the earliest possible moment. Early detection of breast cancer is critical to successful treatment. It also means that in many cases, less radical treatment is required.

Who can participate?

All women aged 50 to 75 are eligible and will receive an invitation to participate. Breast cancer occurs most frequently in this age group. You will receive an invitation every two years for a mammogram. If you do not receive an invitation, but you fall into the right age group and are not currently undergoing treatment for breast cancer, please contact the screening organization.



A Mammogram is an X-ray of the breast. 'Mamma' is the Latin word for breast.

Reasons not to participate in this screening

Do you have health problems? Do you potentially have a higher risk of breast cancer because of a hereditary predisposition, or because you have a family history of breast cancer or ovarian cancer? These could be reasons not to participate in this population screening, for example because a different check-up might be more appropriate for you. Talk to your doctor about which option is best for you.


The screening in five steps

1. The invitation


You will receive an invitation by mail to participate in the breast cancer screening. When you receive the invitation, you can use the contact details in the letter to discuss your participation and make an appointment.



2. Your appointment

-  Your appointment will be at the hospital and takes about 20 minutes.

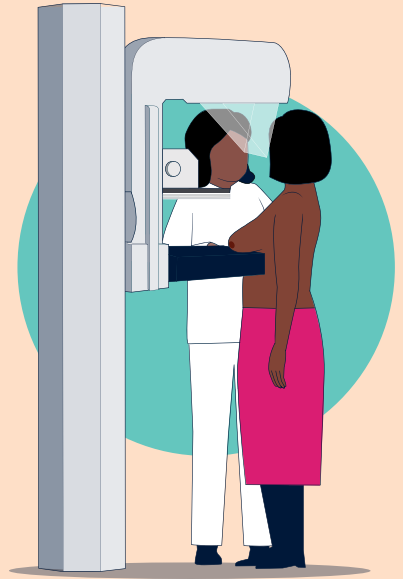
Remember to bring the following:

-  Proof of identity (sedula)



3. The mammogram

When it is your turn, a staff member will explain the procedure to you. Two mammograms will be made of each breast. We will press your breast between two plates for several seconds each image. This is necessary to produce a clear image, with minimal X-ray exposure. This compression process may cause some discomfort, but it does not harm your breasts. You can tell the staff member if it becomes too much for you. Together, we can ensure that the mammogram goes as smoothly as possible.



4. Assessment of the mammograms

After the screening the employee will check to make sure the quality of the images is good. If it is, you are all done. If not, the employee will take one or more additional mammograms. These are sent to two screening radiologists, who will assess the mammograms independently.



5. Your results

The results will be sent to you and your doctor within two weeks.



Follow-up examination or testing

If you require follow-up testing because more information is needed? Or an abnormality was found? Your doctor will contact you, explain what the results mean, and provide a referral to the hospital.

Repeat screening

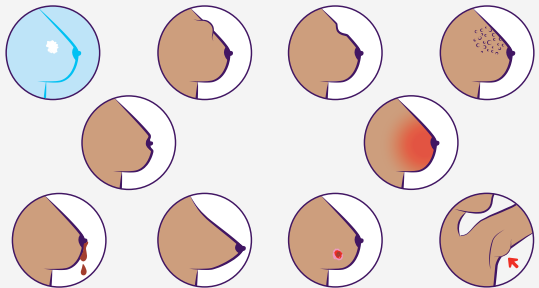
If no abnormalities are found, you will be invited again in 2 years.

If you notice symptoms or changes in your breast, please visit your doctor:

- You feel a lump, swelling or area of thickened tissue in your breast.
- You see or feel a lump on your breast.
- You have indentations or dimples in your breast.
- You have small dents on the skin of your breast, like an orange peel.
- You have a wound on your breast that is not healing well.
- You see a red or scaly rash on or around your nipple, or your nipple has become sunken into your breast.
- You have a discharge of blood or green, brown, milky or watery fluid from a nipple.
- You feel a swelling in your armpit.
- Your breast feels different.
- There is a change in the shape or size of your breast.



*Do you see or feel a change to your breasts or armpit?
Or do you have a complaint on your breasts?
Don't wait for the screening but call your doctor immediately!*



Your data

If you participate in the population screening program, you give permission to use your details and the results of the screening for the population screening program and any follow-up testing at the hospital.

Protection of your personal data and privacy

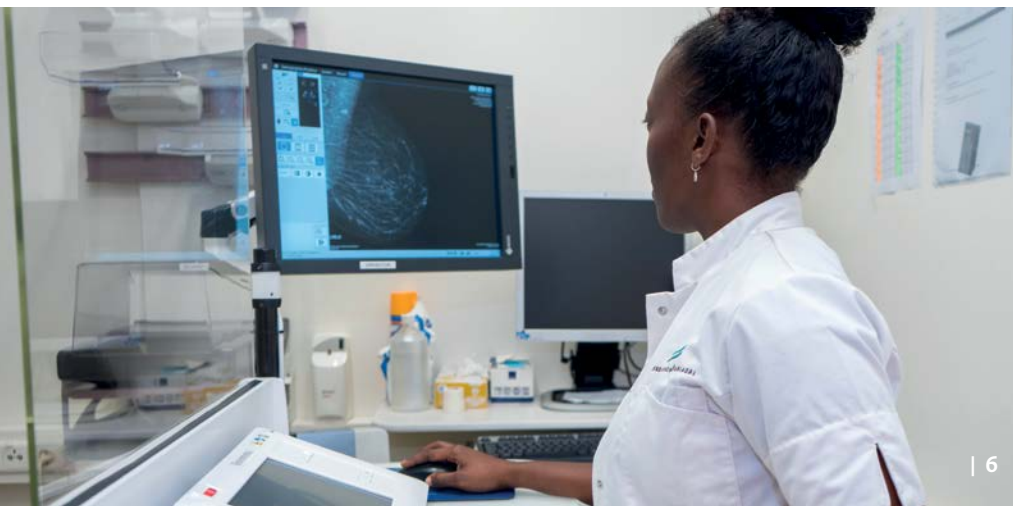
For the population screening program, we use a system that has effective security. It can only be used by people who are authorized to see your data so they can carry out the population screening. We respect the laws that protect your privacy.

Scientific research

Your data and the results from the population screening program may be used for scientific research. Good to know: in scientific research, your data cannot be traced back to you after analysis.

What if you do not give consent to use your data for scientific research? You can still participate in population screening.

For more information about privacy, please visit our website www.bonaire.screening-cn.com/en/privacy.



More information

For more information about the population screening for breast cancer on Bonaire, please contact the Population Screening Caribbean Netherlands. Or visit www.screening-cn.com or our Facebook page ScreeningCN for more information.



Call +599 715 9200 or Whatsapp +599 781 0476 for more information about Bevolkingsonderzoek Caribisch Nederland.

RIVM is conducting the breast cancer screening program in the Caribbean Netherlands.

Do you have any questions, tips, complaints or compliments about the screening program? Please contact us via screeningCN@rivm.nl.

For more information about the complaints procedure, visit www.bonaire.screening-cn.com/en/complaints.



Information in other languages

This information is also available in Dutch/Spanish/Papiaments.

Deze informatie is beschikbaar in het Nederlands:

Esta informacion esta disponible en Espanol:

Bo por lesa e informashon aki den papiamentu:



This breast cancer screening in the Caribbean Netherlands is carried out by



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