



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

Breast cancer *Screening*

Caribbean Netherlands - Saba



The breast cancer screening is a free medical examination to check for breast cancer. It is up to you whether or not to participate. If you participate, we will take a mammogram (X-ray of the 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 its spread can also be rapid.

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 are in that age group and are not currently being treated for breast cancer, please contact the screening coordinator.



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

Reasons not to participate in this screening

Are you in poor health? Or 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 screening, for example because a different check-up might be more appropriate for you. Talk to your General Practitioner (GP) about which option is best for you.

The screening in five steps

1. The invitation

You will be invited by Saba Cares to participate in the screening. The screening will take place at Sint Maarten Medical Center (SMMC). Your contact person at Saba Cares will discuss with you the details of the appointment, such as the date of the appointment and time of your flight.



2. Your appointment

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

Remember to bring the following:

-  Proof of identity (passport and ID).
-  The screening letter that you received from Saba Cares with details about your appointment.



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 for each mammogram. 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 breast. You can tell the staff member if it becomes too much for you. Together, we can ensure that the procedure goes as smoothly as possible.



4. Assessment of the mammogram

After the screening the employee will check to make sure the quality of the X-rays is good. If it is, you are all done. If not, the employee will take one or more additional X-rays. The X-rays are sent to two specially trained radiologists, who will assess the X-rays independently.



5. Your results

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



Follow-up examination or testing

Do you require follow-up testing because the X-rays do not show enough information? Or because an abnormality was detected in one of the X-rays? The GP will contact you, explain what the results mean, and provide a referral to the hospital.

Repeat screening

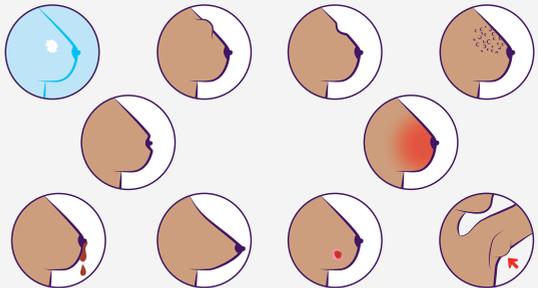
If no abnormalities are found, you will be invited again in 2 years.

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.
- Blood or fluid comes out of the 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 one change to your breasts or armpit?
Or do you have a complaint in or on your breasts?
Don't wait for the screening but call your GP immediately!*



Your data

If you participate in the breast cancer 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

The administrative system that we use for the screening is well secured. Only those people who need to see your information to perform the screening can use it. Saba Cares and RIVM comply with the legislation that protects your privacy.

We collect data from participants to help us improve the screening through scientific research. The data from all participants combined will provide valuable information. The data is encrypted so that no one can see that it is about you. We will only use your data for (scientific) research, if you give permission to do so. You can withdraw this permission at any time, without telling the reason why.





More information

For more information about the the breast cancer screening in the Caribbean Netherlands, please contact Saba Cares or visit www.screening-cn.com and our Facebook page Screening CN.



For more information please call Saba Cares (+599) 416 3288 press 4

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

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

For more information about the complaints procedure on <https://saba.screening-cn.com/complaints/>.

Information in other languages

Esta informacion esta disponible en Espanol.

<https://saba.screening-cn.com/es/cribado-de-cancer-de-mama/>.

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



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