

Detecting breast cancer early

(donna)

(I'm in!)

We can't prevent breast cancer, but we can detect it early.

donna is a breast cancer screening programme by Krebsliga Ostschweiz, which organises a quality-controlled mammogram screening service on behalf of the cantons of Saint Gall, Grisons, Bern, Solothurn, Appenzell Inner Rhodes and Appenzell Outer Rhodes.

With donna, the probability of detecting breast cancer early improves dramatically. This results in less harsh treatment and a better chance of surviving breast cancer.

This brochure explains the donna programme and tells you what you need to know if you take part. If you have any questions, please get in touch with our team. You can also ask your doctor to give you more information.

If, after reading about donna, you decide to take part, you will increase your chances of remaining in good health.

A handwritten signature in black ink, appearing to read 'Regula Schneider', with a stylized initial 'R'.

Regula Schneider
Executive Director, Krebsliga Ostschweiz


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donna stands for quality.

donna is the name of **the quality-controlled breast cancer screening programme from Krebsliga Ostschweiz**. Every two years, women aged 50 and over are invited to attend a voluntary X-ray examination of their breasts (mammogram).

The donna programme puts quality first. All of the female radiologists taking the mammograms complete additional training. All X-rays are assessed independently by two registered specialist doctors. The professional practice of all of the specialist staff involved is monitored on an ongoing basis.

The mammograms carried out through donna are a compulsory benefit under your standard health insurance cover. Regardless of the excess you have selected for your policy, you will only have to pay a deductible of 10% (less than CHF 20.00).



I'm in! Because
I don't want to wait until
symptoms appear.

Healthy living is good; taking sensible precautions is better.

Breast cancer is the most common form of cancer and the fourth most common cause of death among women in Switzerland. **One in eight women will receive a breast cancer diagnosis in her lifetime.** In about 75% of cases, women over 50 are affected.

Mammogram screening continues to be the only effective breast cancer screening method for women aged 50 and over. It won't prevent breast cancer. **But the sooner a tumour is detected, the better the chances of surviving it** and the easier the treatment will be.



I'm in! Because I look after my health in other ways too.

How does the donna programme work?



1 Invitation

From your 50th birthday, every two years you will receive a written invitation from donna to have a mammogram. Participation in this programme is voluntary. You are the one who decides whether to take part.



2 Appointment

Your invitation includes a provisional appointment for your examination. You can confirm this appointment online or by phone and you can also reschedule or cancel it or make an appointment at another X-ray centre.

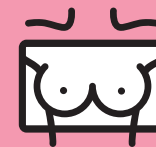


To manage your appointment, go to our website. Simply scan the QR code.



3 Preparation

You fill in the health questionnaire and bring it together with your signed consent form to each mammogram appointment.



4 Mammogram

It generally takes five to ten minutes to complete a mammogram. In all, you should allow around half an hour for your appointment. During the mammogram, you will be looked after by a specially trained female radiologist. You won't normally see a doctor at this appointment.




5 Assessment

In the days after your appointment, the mammogram images are assessed independently by two registered specialist doctors (the four-eyes principle).



6 Results

You will receive the results within eight working days. If the results are normal, after two years we will invite you to have another mammogram. If the results are inconclusive, we recommend that further investigations are carried out.



**My patients are in!
Because the mammogram
programme is governed
by strict quality criteria.**

Why will I receive an invitation from donna?

The cantons of Saint Gall, Grisons, Bern, Solothurn, Appenzell Inner Rhodes and Appenzell Outer Rhodes have asked Krebsliga Ostschweiz to organise a quality-controlled mammogram breast screening programme for women aged 50 and over. The addresses are forwarded to us by the relevant cantonal authorities.

How often will I be invited to come for a mammogram?

Unless you contact donna independently, you will automatically be invited to come for screening every two years until your 75th birthday. Women over the age of 75 can continue to take part in donna. To do so, they must contact donna directly.

I recently had a mammogram. Can I still be included?

If your last mammogram was less than 12 months ago, there is no need to participate. Tell us the date of your last mammogram and we will invite you to another one at a later date.

Do I need to be aware of anything in particular before my mammogram?

Before your appointment, please don't use any cosmetic products such as body lotion or deodorant. Remember to bring your completed health questionnaire with you.

Is having a mammogram painful?

To record a good-quality image and minimise the radiation dose, each breast is pressed between two plates for a few seconds. Some people find this unpleasant or slightly painful, but it is not harmful in any way.

Are X-rays harmful?

The radiation dose you receive is very low and the state-of-the-art X-ray equipment used in the donna programme is continually monitored.

What if I have a family history of breast cancer?

If your mother, daughter or sister was diagnosed with breast cancer before her 50th birthday, you are at greater risk of developing it. We recommend that you consult your doctor separately for advice.

What if I already have breast cancer?

If you are currently receiving treatment for previously diagnosed breast cancer, you do not need to take part in this programme. In this case, we ask that you consult your treating doctor.

Why does it take eight working days before I get the results?

This is how long it takes for your X-ray images to be carefully assessed by two registered specialist doctors. If the results are inconclusive, a third specialist is brought in.

If the results are inconclusive, what happens next?

We talk to you about your results and recommend that further investigations are carried out. Like other healthcare benefits, the cost of further investigations is governed by your health insurance and you will therefore have to pay the excess under the policy.

What happens if further investigations result in a diagnosis of breast cancer?

The examining doctor will talk to you personally about the next steps.



My friend is in!
Because why
wouldn't you?



My wife is in! Because we both want peace of mind.

We can't prevent breast cancer, but we can detect it early.

It's a good idea to read up about the advantages and disadvantages of donna. Take your time to weigh up the pros and cons. You are the one who decides whether to take part in donna.


What can donna do?

- A mammogram can detect tumours significantly smaller than one centimetre across, something which checking your breasts by hand can't do. In general, this results in a better chance of the treatment being successful.
- When breast cancer is detected early, in most cases the breast can be kept and treatment is less harsh.
- Quality-controlled mammogram screening can reduce breast cancer mortality.
- The quality of the programme is ensured through continuous monitoring of the technology and the competence of the specialist staff.
- Like all other medical investigations, a mammogram can cause anxiety, particularly when waiting for the results.

Where are the limits?

- Breast cancer can also come about during the period between two screening mammograms (two years).
- A mammogram can reveal a change in the breast which after further investigation turns out to be harmless.
- A mammogram can detect some tumours that would not ultimately lead to health problems. We call this overdiagnosis.
- It is also possible to miss a tumour.

 **Free infoline 0800 100 888**

 **info@donna-programm.ch**

 **www.donna-programm.ch**

 **donna_programm**

 **donna-programm**



For more information,
go to our website.
Simply scan the QR code.

 A programme by Krebsliga Ostschweiz

Krebsliga Ostschweiz cares for people and their families affected by cancer. It supports cancer prevention and the fight against the disease.

Krebsliga Ostschweiz

www.krebsliga-ostschweiz.ch

Our partner organisations:

Swiss Cancer Screening

www.swisscancerscreening.ch

Krebsliga Graubünden

www.krebsliga-gr.ch

Krebsliga Bern

www.krebsligabern.ch

Krebsliga Solothurn

www.krebsliga-so.ch

Krebsliga Schweiz

www.krebsliga.ch