

# How to improve your breast screening experience

It is normal to experience a range of thoughts and feelings during your screening appointment.

## Here's what you can do to improve your screening experience today:

- ✓ Talk to an Elder, cultural support or advisor
- ✓ Bring a family member or friend to your appointment
- ✓ Practice relaxation or breathing exercises
- ✓ Pause to take a break, ask questions or to bring up concerns
- ✓ It's your right to change your mind, stop or reconsider care, even after you've consented to care
- ✓ Know you are the expert in your own health
- ✓ Plan a celebration after your appointment