

WHAT IF THE IMAGES SHOW ABNORMAL CHANGES?

If the radiologist sees an abnormality when examining your mammogram, we will call you in a few days for additional examinations. These will be performed in a single day and at a single location, namely at the DORA screening and diagnostic centre at the Institute of Oncology Ljubljana or at the University Medical Centre Maribor. You do not need a referral for additional examinations.

Additional examinations usually include additional breast imaging and/or ultrasound of the breast. Less often, magnetic resonance imaging of the breast is required. Most changes in the breasts can be resolved using these imaging techniques, and you will learn that there are no suspicious changes in your breasts the same day as these additional examinations take place. Only a small proportion of women need to undergo breast biopsy in addition to imaging.

BREAST BIOPSY – WHAT NEXT?

When biopsy of the breast is required, you can expect the results the following week (after the multidisciplinary team of experts has met). The fact that you were referred to biopsy does not necessarily mean you have cancer. The doctor will personally inform you about the results within five working days after the biopsy.

WHAT IF IT TURNS OUT TO BE BREAST CANCER?

If a breast cancer diagnosis is confirmed, the doctor will present you with a treatment plan prepared by a multidisciplinary team of experts.

DORA PROFESSIONALS RECOMMEND REGULAR BREAST SELF-EXAMINATION. IF YOU NOTICE ANY CHANGE, CONSULT YOUR FAMILY DOCTOR OR GYNAECOLOGIST.

ADVANTAGES AND DISADVANTAGES OF BREAST SCREENING

ADVANTAGES:

- **Early breast cancer detection:** During breast screening, we mostly detect small cancers in their early stages.
- **Increased likelihood of recovery:** When breast cancer is detected early, the likelihood of recovery is higher.
- **Less extensive treatment:** Usually, only the cancerous tissue needs to be removed during surgery and not the entire breast, nor is it necessary to remove all the lymph nodes in the armpit. There is less systemic treatment (e.g. chemotherapy).
- **Faster recovery:** Less extensive treatment causes fewer side effects, and allows for faster recovery and a faster return to normal life.
- **Reduced mortality:** Regular breast screening significantly reduces breast cancer mortality among women between the ages of 50 and 69.
- **Better quality of life** for women and their loved ones.
- **Mammogram has proven to be the most reliable and accurate method** for detecting early cancerous changes in the breast at this age.

DISADVANTAGES:

- Rarely, breast cancer can also be detected between two regular mammograms (**‘interval cancer’**).
- **False positive results:** Mammogram reveals changes in one in twenty women, which is a cause for concern. In most women, additional examinations show that they do not have breast cancer and there was no need to worry.
- **X-ray radiation:** Mammogram uses X-rays, but in modern mammogram machines received radiation doses are low. Therefore, the benefits of breast screening within organised screening programmes outweigh the potential harms of X-ray exposure.
- Screening may detect breast cancer that might not be life-threatening for a woman. At diagnosis, this cannot be assessed, so all detected breast cancers are treated (**‘overdiagnosis’**).
- **Breast compression during imaging:** During mammogram, the breast needs to be compressed to allow better tissue presentation. For some women, the compression may be painful and uncomfortable, but this only takes a short time and does not cause cancer.



WOMEN AGED 50 TO 69
ARE INVITED TO BREAST SCREENING
EVERY TWO YEARS

Breast cancer is the most common cancer in women and most often occurs between the ages of 50 and 69. The goal of the DORA programme is to reduce the number of women dying from this disease through early detection.

NO WAITING, NO REFERRAL, NO OUT OF POCKET PAYMENT

Institute of Oncology Ljubljana
Website: dora.onko-i.si
E-mail: dora@onko-i.si
Toll-free phone: 080 27 28, every working day between 9 a.m. and 12 p.m.

10 MINUTES
CAN SAVE YOUR LIFE!

This is how long a screening appointment with mammogram usually takes. A mammogram is used to detect breast cancer in the DORA programme before you could feel a lump in the breast yourself during a self-exam. DORA is a national screening programme for women between the ages of 50 and 69, and is performed by highly qualified experts in line with European quality guidelines.



BREAST SCREENING CAN SAVE YOUR LIFE

Every two years, women with permanent residence in Slovenia aged 50 to 69 are invited to breast screening as part of the DORA programme. Breast cancer is most common at this age.

Breast screening uses X-ray test called a mammogram to check the breast for signs of cancer and has proven to be the most reliable and accurate method for detecting early cancerous changes in the breast at this age. Thus, breast cancer can be detected even before it can be seen or felt through signs such as a lump or discharge.

NO WAITING, NO REFERRAL, NO OUT OF POCKET PAYMENT

For breast screening in the DORA programme, you only need an invitation (which will be sent to your permanent address) and your health insurance card (with basic health insurance in Slovenia). The invitation will state the date, time and the location of the DORA screening centre. You do not need a referral for the screening appointment nor will you need to pay anything out of pocket.

NO SPECIAL PREPARATIONS ARE NECESSARY

Before breast screening, take care of personal hygiene, but do not use deodorants, foundations or perfumes. These substances contain mineral particles that may interfere with mammographic image analysis. Before imaging, remove any glasses and jewellery (dangling earrings and necklaces) you are wearing. If you have silicone implants or electrostimulation devices (such as a pacemaker), you can still have mammogram. But be sure to inform the radiographer before the imaging takes place. If your breasts are very sensitive before your period and the compression of your breasts during imaging might be uncomfortable for you, please do not hesitate to contact us and we will give you a new appointment.

FRIENDLY STAFF

When you come to the screening centre, an administrator or radiographer will welcome you and verify your contact details. You will discuss any breast problems with a radiographer who is specially trained to work in the DORA programme, and then have a mammogram.

PROFESSIONAL ANALYSIS AND QUICK RESULTS

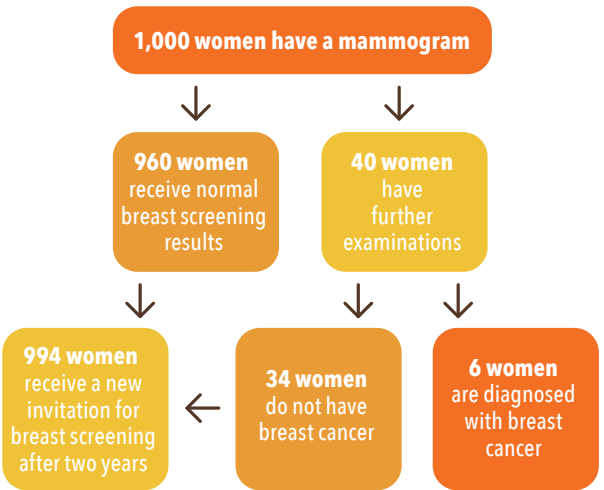
Your mammogram will be examined by two radiologists independently of each other, which contributes to greater reliability of results. In the DORA programme, we make sure that you receive the results as soon as possible. If no visible abnormalities are found, a written report will be sent to your permanent address within five working days. The vast majority of women have normal results after breast screening.

YOU CAN REQUEST AN APPOINTMENT YOURSELF

You will receive invitation to breast screening with pre-booked appointment, which can be changed on your request. You can also make an appointment by yourself via e-mail at **dora@onko-i.si**, on the toll-free number **080 27 28** every working day between 9 a.m. and 12 p.m. or using the online form at **https://dora.onko-i.si/prenarocanje**.

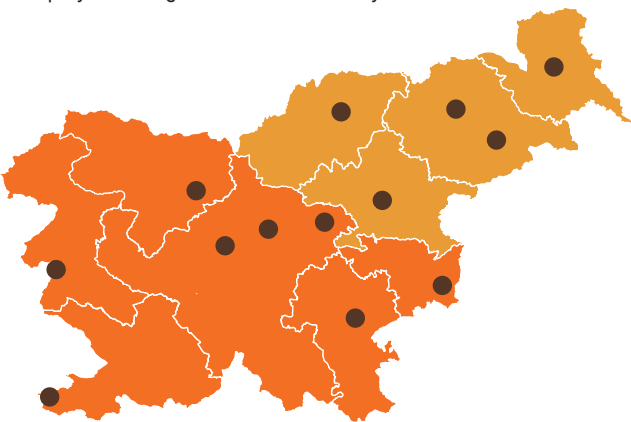
If you have any health conditions or disabilities and believe a breast screening examination would take more time in your case, do not hesitate to contact us.

DORA EARLY BREAST CANCER DETECTION PROGRAMME IN FIGURES



MODERN AND QUALITY SCREENING CENTRES THROUGHOUT SLOVENIA

You will have breast screening at the DORA screening centre closest to you. The exact location will be listed in your invitation. DORA is a quality breast cancer screening programme performed in line with European guidelines. All DORA screening centres in Slovenia operate according to uniform standards, the quality of breast screening and the professional work of employees being monitored constantly.



Stationary DORA screening centres (breast screening):

- IZOLA • NOVA GORICA • KRANJ • LJUBLJANA • DOMŽALE • TRBOVLJE • BREŽICE
- NOVO MESTO • MARIBOR • PTUJ • MURSKA SOBOTA • SLOVENJ GRADEC • CELJE

Mobile DORA screening sites (breast screening):

Information on locations and operation dates of mobile DORA screening sites is available at **dora.onko-i.si**

DORA screening and diagnostic centres (additional examinations):

- INSTITUTE OF ONCOLOGY LJUBLJANA
- UNIVERSITY MEDICAL CENTRE MARIBOR

DORA EARLY BREAST CANCER DETECTION PROGRAMME

DORA is an organised national breast cancer screening programme aimed at early detection of this disease. When breast cancer is detected early, the likelihood of recovery is higher.

IF BREAST CANCER IS DETECTED AT AN EARLY STAGE,

TREATMENT IS USUALLY VERY

SUCCESSFUL.

