

NHS Breast Screening

Helping you decide



Easy
read

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Introduction



It is your choice to have breast screening or not. This leaflet is to help you decide.



Breast screening is also called a mammogram. This is when x-ray pictures are taken of your breasts.

The NHS offers screening to help save lives from breast cancer. Screening helps to find breast cancers at an early stage when it is too small to see or feel.

Screening does not stop you from getting breast cancer.



All women aged between 50 and 70 years will be sent a letter for breast screening every 3 years.

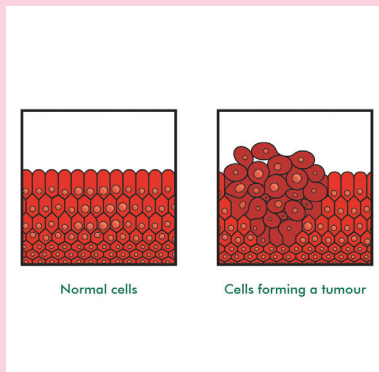


Some women older and younger than this will also be asked to come for breast screening. This is part of a study into screening for different age groups.



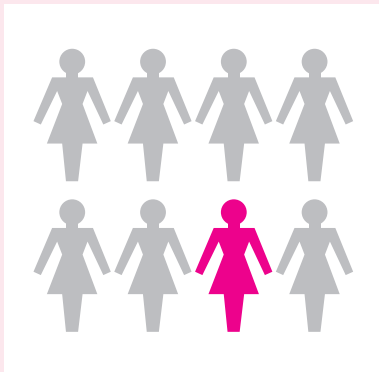
If you are 71 years or older you can still have a breast screening every 3 years. You can ask the breast screening centre for an appointment.

What is breast Cancer?



Breast cancer starts when cells in the breast begin to grow and get bigger in size. This forms a lump known as a tumour.

Cells can spread to other parts of the body too.



Breast cancer is the most common cancer in the country.

1 in 8 women get breast cancer.



Your risk of getting breast cancer goes up as you get older.

More women are surviving breast cancer.



Women who get breast cancer may not have anyone else in their family who has had this.

What is breast screening?



Breast screening is also called a mammogram, when x-ray pictures are taken of your breasts.



You will get a letter inviting you for breast screening.



Contact the screening centre using the number on your letter.

- If you need to change your appointment date, time or place.
- If you need additional support to attend breast screening.



When you arrive at the breast screening centre you will be asked for:

- your name
- date of birth
- reference number, this will be on your appointment letter



The x-ray pictures will be taken by a woman called a mammographer.

She will explain what will happen.



You will be shown into a changing room.

It is easier if you are wearing a top and skirt or trousers.

You need to take off your top and bra.



You will be shown into the x-ray room.

Your breast will be placed onto the mammogram machine. A plastic plate will be lowered on to your breast. This helps keep your breast still to get good pictures.

Usually 2 pictures will be taken of each breast. One from above and one from the side.



Taking the pictures takes a few minutes.

The whole appointment may take up to 30 minutes.



Having a mammogram can be uncomfortable and some women find it painful. This usually goes quickly.

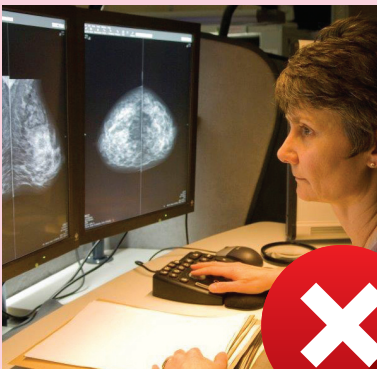
Breast Screening Results



You will get a letter with your results within two weeks.



If your results are normal you will be asked to come again in 3 years.



If your results say

- the pictures taken were unclear

or

- you need more pictures and tests

Another appointment will be made for you.



Making a choice – the benefits and risks of breast screening



It is your choice whether or not to have breast screening.



Breast screening can help find breast cancer early, which is good.



Sometimes it can mean having more tests or an operation. These could show there is no cancer. Some people think this is not so good.



Talk to someone you trust to help you decide.

What happens to my x-ray pictures after screening?



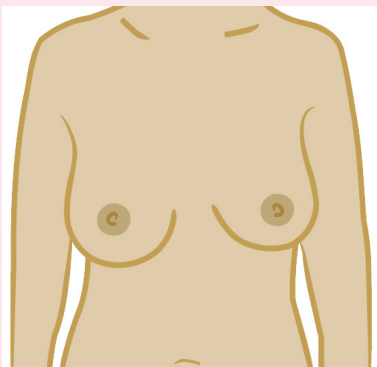
We will keep your x-ray pictures secure for at least 8 years.

What are the symptoms of breast cancer?

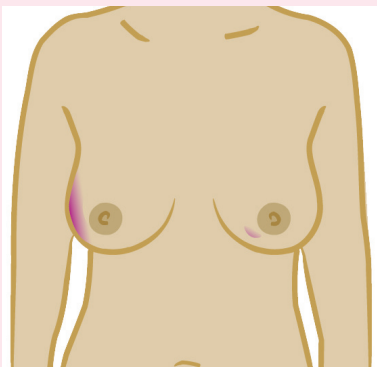
If you know how your breasts usually look and feel you will be more likely to spot any changes that could be a sign of breast cancer.

Check your breasts regularly and tell your doctor if you notice any changes.

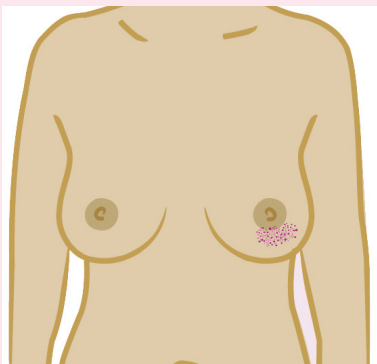
It is important to look out for the following:



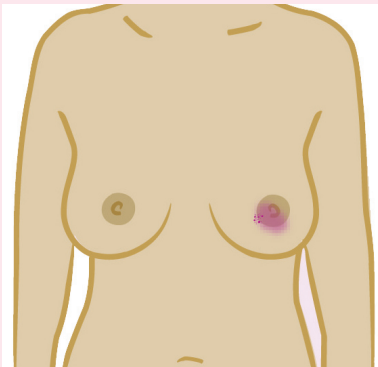
A change in size or shape



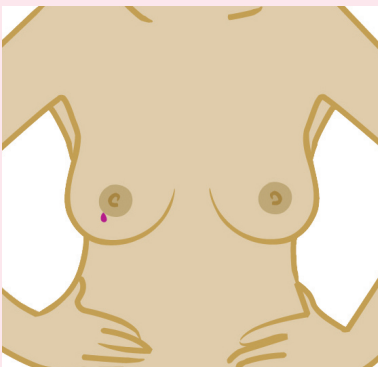
A lump or thickening in the breast or armpit



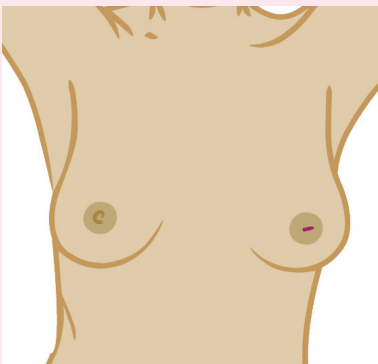
A change in skin texture such as puckering or dimpling (like orange peel)



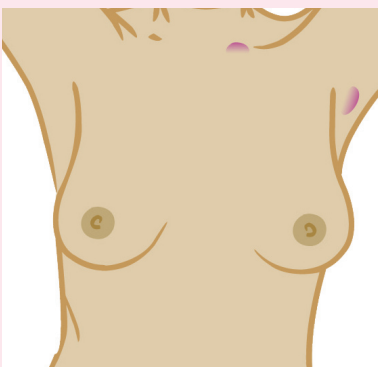
Redness or a rash on the skin and/or around the nipple



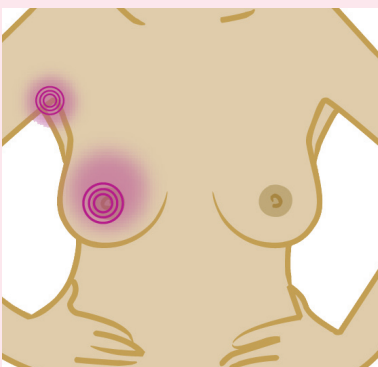
Your nipple becoming inverted (pulled in) or changing its position or shape



Discharge (liquid) from one or both of your nipples



A swelling in your armpit or around your collarbone



Constant pain in your breast or your armpit

Who can I contact if I have a question?



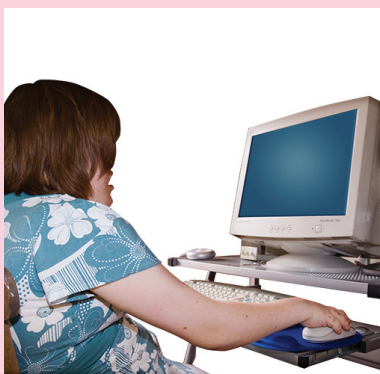
You can talk to your GP or nurse about breast screening.

You can talk to the community learning disability team.



If you have questions about breast screening contact your local breast screening centre.

For more information



www.nhs.uk/conditions/breast-cancer-screening

This leaflet was developed with support from:

The Ladybird Group at Your Voice Counts, South Tyneside

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Inclusion North

Macmillan

Breast Cancer Care

Gateshead NHS Trust

Leicestershire Partnership NHS Trust

Liverpool Community Health NHS Trust and Mersey Care NHS Trust

Photosymbols (www.photosymbols.com)

