

Breast Screening

Information and advice for patients



Where
EVERYONE
Matters





Information about Breast Screening

Breast Screening is the best way to check if you have any changes in your breasts.

These changes can be picked up at screening before you or your doctor can see or feel them.

Screening involves having a mammogram (breast x-ray) which is then read by specialist film readers. The result will be sent to you at home and to your GP.

Facts about Breast Cancer

- 1 in 8 women will develop breast cancer at some time in their life.
- Worldwide it accounts for 25% of all female cancer.
- Breast Cancer is more common in women in your age group as 80% of breast cancers occur in women who are over 50 years.
- Most breast cancers found at screening are at an early stage when there is a good chance of a successful recovery and this greatly influences your survival chances.



That is why it is important to be screened and it helps keep your breasts healthy and only takes a few minutes.

How will I be invited?



All women aged between 50 and 70 (who are registered with a GP) are automatically invited for breast screening every three years. If you are over 70 years, you will not automatically be invited. Women over 70 years are more at risk than younger women because the risk increases with age.

Screening is still available and free; you just need to call the breast screening office to arrange it.

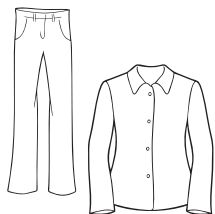
What happens?

You will be sent a letter inviting you to come for screening as long as you are registered with a GP.

If you cannot attend on that date, you can easily change your appointment by telephoning the breast screening office.



0121 507 4967/4927



Where will this happen?

This could be either on a mobile unit or at The Breast Unit at City Hospital or at The Manor Hospital Walsall.

Only women work on the mobile unit.
Men are asked to wait outside the unit so it is private.

Is there anything I need to do or bring with me when I come for screening?

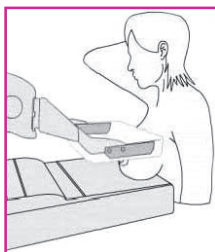
Please bring your invitation letter with you. Please also bring your passport or medical card as we need to confirm your name, date of birth and address before we can screen you.

When you arrive go to the reception desk and someone will be there to book you in and help you.

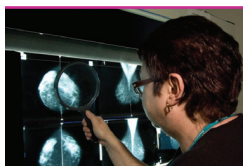
When it is your turn to be screened you will be asked to get ready in a changing room.

It is best to wear separates. A cardigan or blouse is best as it opens at the front.

One from the front



One from the side



Having a mammogram

- We will explain to you what we are going to do.
- We will then show you the x-ray machine.
- Two views are taken of each breast. One from the front and one from the side.
- The machine will slowly apply a gradual pressure between the two plates for about six seconds and then it releases automatically as soon as we've taken the x-ray. It is a similar feeling to having your blood pressure taken but not so intense. It will not take long.

A radiologist (who is a doctor who specialises in reading x-rays) and specialised film reading mammographers, will report on your films.

How do I receive my results?

A letter will be sent to you at home in about three weeks.

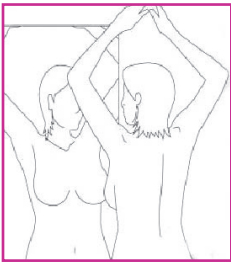
Do I need to do anything between my screenings?

Yes you need to be breast aware as breast screening only helps to find breast cancer if it is already there. You should be aware of any changes in your breasts because breast cancer can develop at any time. Some women may develop breast cancer before they are 50 years or between their screening mammograms.

How to be breast aware

Be breast aware by looking and feeling. Changes to look for:

- A change in size - one breast becoming much larger than the other.
- A nipple has become inverted (pulled in) or has changed its position or shape.
- A rash around the nipple.
- A discharge from the nipple.
- Puckering or dimpling of the skin.
- A swelling under your armpit or around your collarbone.





- A lump or thickening in your breast that feels different from the rest of the breast.
- Constant pain in one part of your breast or in your armpit.

A summary of Breast Screenin



- Most breast cancers are found at an early stage before you can see or feel them, when there is a good chance of a successful recovery.
- Around half the cancers found at screening are still small enough to be removed from the breast (the whole breast does not have to be removed).
- Breast screening saves an estimated 1,400 lives every year in this country.
- Breast screening reduces the risk of the women who attend dying from breast cancer.
- We will call some women back for more investigations if we are unsure about their mammogram. After more tests, we will find many of these women will not have cancer.



Risk factors include on the list below:

- A mammogram takes a few minutes and involves a tiny dose of radiation, so the risk to your health is very small. The radiation involved is about the same as the dose a person receives by flying from London to Australia and back. The benefits outweigh these risks.
- Screening may miss some cancers.
- Not all breast cancers that are found at screening can be cured.
- Many women find having a mammogram uncomfortable or occasionally painful, but only for a brief period of time.

If you have any more concerns or questions about breast screening or about your breasts, you can speak to your:

- GP
- Practice Nurse
- Local Breast Screening Service

City, Sandwell and Walsall Breast Screening Services
0121 507 4967/4927
Open Monday to Friday 9.00am - 4.00pm

Acknowledgements

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