

# Easy Read Patient Information - Breast Screening



Approved by Chesterfield,  
Bolsover & North East  
Derbyshire Reps on Board



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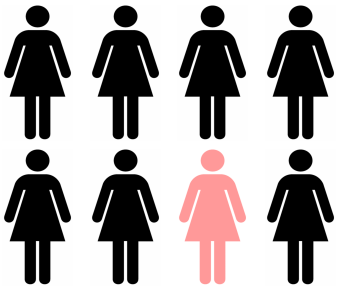
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## Breast Screening - The facts



1 out of 8 women will get breast cancer.



Women over 50 years old are more likely to get breast cancer.



If you are aged 50-70 you should get your breasts checked in the NHS Breast Screening Programme.



The NHS Breast Screening Programme will check your breasts every 3 years.

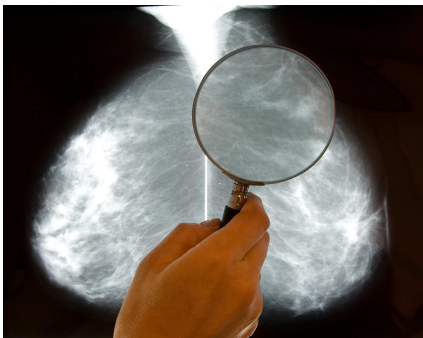
## Breast Screening - The facts (continued)



Breast screening uses a type of x-ray to look for small changes in your breasts. This x-ray is called a mammogram.



It can show small changes in your breasts before you could feel a lump.



If breast cancer is found early, treatments will probably work better.



Check your breasts every month. Tell your doctor if you notice any changes in your breasts or in your armpits.

## What are the **good points** of Breast Screening?



Breast screening can save lives.



Breast screening means more people can have treatment to deal with breast cancer.



Lots of women each year have breast cancer and can be treated successfully and can live normal lives.

## What are the **bad points** of Breast Screening?



Some people might be told they might have breast cancer when they do not.



Some people might have extra tests or surgery when it is not needed.



Sometimes not all breast cancers are found through breast screening.



Some women might find it uncomfortable.

Some women can feel worried that they might have breast cancer.



## Who can take part in Breast Screening?



Women aged 50-70 should get their breasts checked by the NHS Breast Screening Programme.

You may not get your first invitation on your 50th birthday. It could be as early as 47 or even as late as 53 years old.

Some women have a higher risk of having breast cancer. Your doctor can talk to you about this.

You should have your breasts screened every 3 years.

The breast screening service can give you extra help if you have a learning disability or a physical disability.

# What will happen at my Breast Screening?



You will get a letter through the post asking you to have breast screening.



The letter will give you a date, time and place for the screening.



If you cannot go on that date, time or place, then phone the number on the letter to change your appointment.



The screening may be done in a mobile unit that moves around to different places or at the hospital.



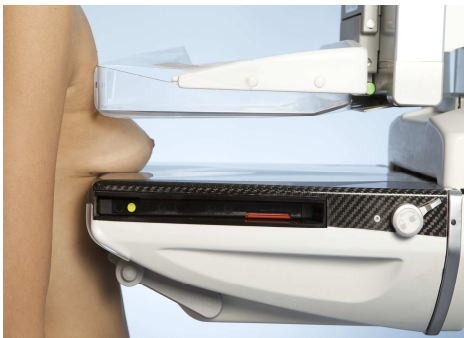




Your screening appointment should not take any longer than 30 minutes.



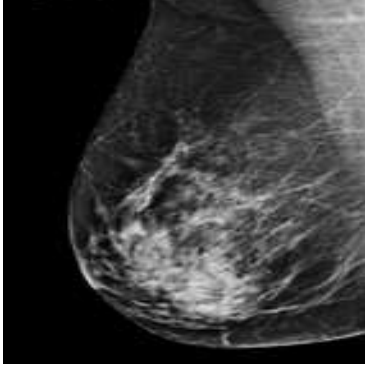
You will need to take off your top and bra.



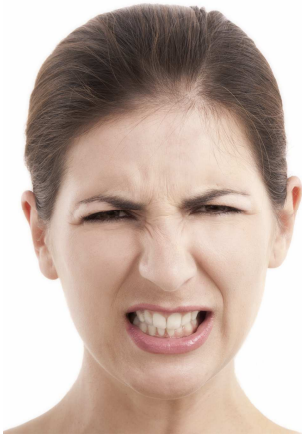
Each breast is placed on a machine, then pressed gently but firmly between 2 plates. You will need to keep still. It will last a few minutes.



Some women may find it uncomfortable or even painful.



This is done to get a good picture or mammogram of each breast.



Only a few women will feel pain in their breasts after the screening has finished.



On the day of your breast screening do not put on deodorant or talcum powder, because the picture might not be as good.



You will get the results by post within 2 weeks.

If you do not get your results then telephone the screening unit.



If you would like to talk to someone about this booklet please call 01246 513056 (Breast Screening).

For more information please go to -  
[www.chesterfieldroyal.nhs.uk](http://www.chesterfieldroyal.nhs.uk)

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