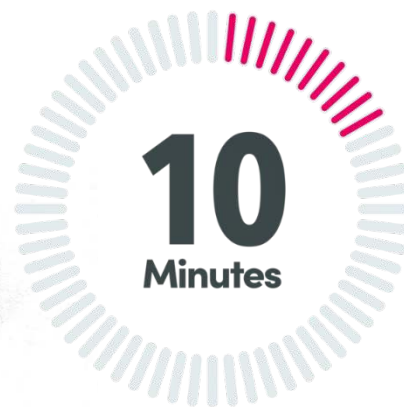


Breast screening

10 minutes could save your life



Easy read

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In this booklet, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



You might need to ask someone to help you read this booklet.



During your appointments, screening centre staff and other health professionals might wear a face mask, apron and gloves.



If you do not speak or understand English, the NHS will provide someone who can translate what is being said into your own language.

Section 1

Breast screening



This booklet tells you about breast screening which is a free NHS test you can have to check your breasts for breast cancer.

Screening can find breast cancer before you notice any **symptoms**.

Symptoms is the word we use to describe how an illness makes people feel.



The best way of finding breast cancer early is by having breast X-rays called **mammograms**.

A **mammogram** is a test to check if your breasts are healthy.



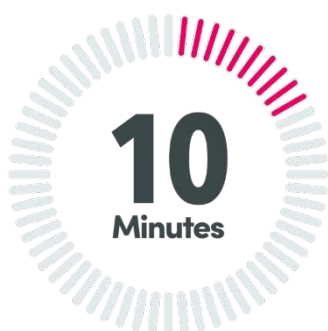
All women between 50 and 70 years old are offered breast screening.



You will get a letter from the NHS Breast Screening Service giving you an appointment.



You will be invited for a breast screening every 3 years.



Breast screening only takes 10 minutes and could save your life.



Phone the breast screening centre if you have

- had breast cancer before
- or are getting treatment for breast cancer

they can tell you what to do.



If you have not had your first invitation by your 53rd birthday please contact your local screening centre.

**70 years
old +**



If you are over 70 years old you can ask for an appointment at the screening centre.

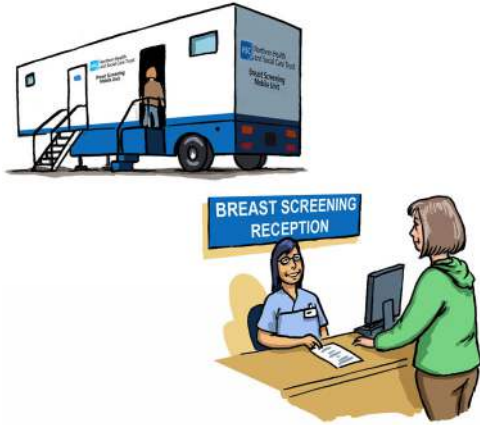


If you notice any changes to your breasts then contact your GP.



If you have questions about your appointment, staff at the screening centres will be happy to help you.

Where to go



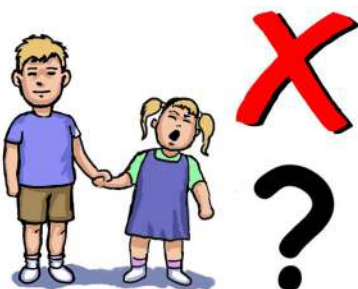
You will be invited to go to a mobile screening unit or a screening centre.



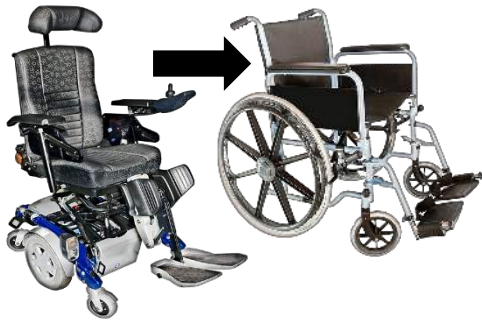
Your invitation letter will tell you where to go.



Please let the screening centre know if you would like to bring someone with you.

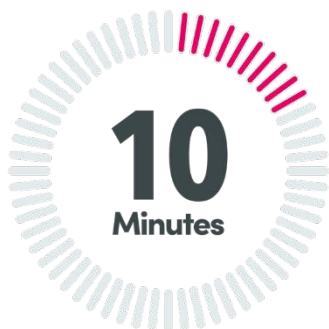


Children under the age of 16 years old cannot be brought with you while you have your appointment at a mobile centre.



If you have an electric wheelchair you might need to move to a manual wheelchair to be screened.

The breast screening mammogram



The appointment takes about 10 minutes.

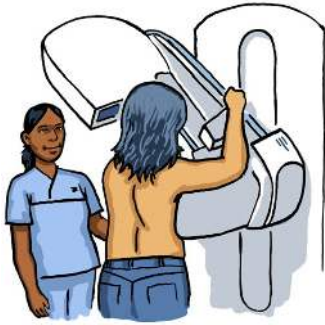
The mammogram itself only takes about 1 minute.



A female health professional will ask a few questions and tell you what will happen. You can ask her questions at any point.



The mammogram is done by a female health professional who will make you feel as comfortable as possible.



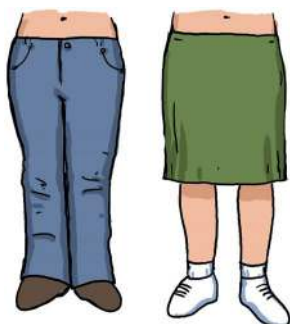
Mammograms can find cancers that are smaller.

They can find breast cancers before they get big enough to see or feel.



If breast cancers found at an early stage it can be easier to treat.

What to wear at your appointment



It would be best to wear a skirt or trousers because you will be asked to undress from the waist up.



There is no need to feel embarrassed.

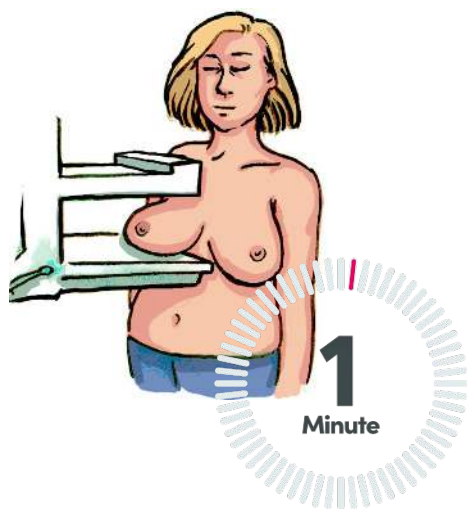
You can cover up with your own top when you are not having the mammogram itself.



Do not use talcum powder or spray on deodorant before the screening.

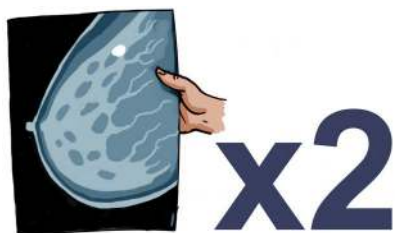
They can stop the scan from working properly.

What happens during the mammogram?



The female health professional will press 1 breast at a time between 2 flat plates.

This will take less than 1 minute for each breast.



The machine will take 2 X-ray pictures of each breast.



You have to stay as still as possible while the pictures are being taken.



Having your breasts pressed flat between the plates can be uncomfortable and some women find that it can hurt.



You can say stop at any point.



Watch a video of what happens during the breast screening appointment go to this website

www.nhsinform.scot/breastscreening



Your results will be sent to you in 3 weeks.

You might have to wait longer than usual to get your results because of COVID-19.



Some women will need another mammogram because the first picture was not clear enough.



Some women will need to have more tests.

You will be told what tests will be needed.

Risks of having breast screening



Mammograms do not find all cancers and changes can happen between breast screening appointments.

Check your breasts regularly between screenings.



There is a risk that you might be treated for a cancer that might not spread and might not cause you harm.

Doctors cannot always tell if the cancer will cause you harm.



You might have to make a difficult choice about what treatment to have.



Treatment can also cause **serious side effects** that can last a long time.

Side effects are how you might feel after having treatment. **Serious** means very bad and dangerous for your health.



You will be given information and support to help you decide what treatment is right for you.



For more information go to this website
www.nhsinform.scot/breastscreening



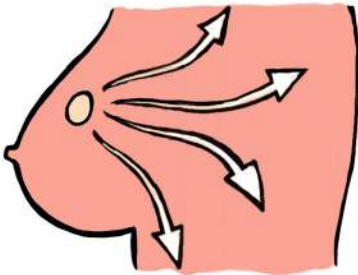
or call NHS inform for free on **0800 22 44 88**.

Section 2

Breast cancer



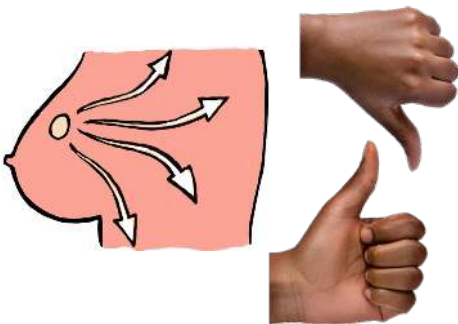
Breast cancer starts when cells in the breast grow and form a lump, called a tumour.



As the tumour gets bigger, cancer cells can spread to other parts of the body.



If your results show that you have a tumour you will be sent to a local breast cancer team who will talk to you about what happens next.



Not every tumour found will be cancer.



If cancer is found early through screening
then the chances of getting better are higher.

Checking your breasts



It is important to check your breasts regularly, so that you can spot any changes early and tell your GP.



If you have changes in your breasts and the area up to your armpit should get them checked by your GP right away.

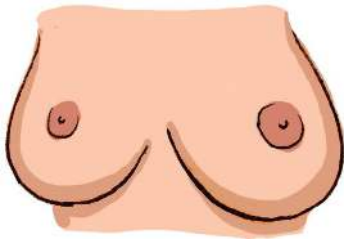


You can do this in the shower, bath, when you use body lotion or when you get dressed.

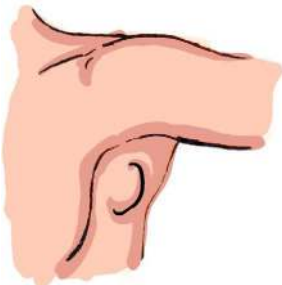
What you need to look for



A lump, an area that feels thicker than the rest of your breast.



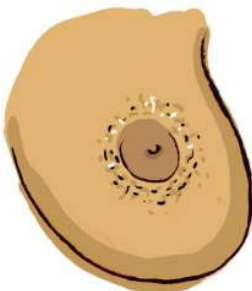
A change in size or shape of your breast or both breasts.



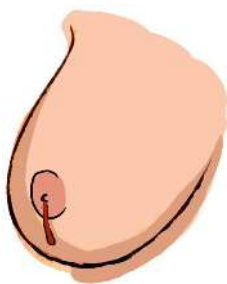
A lump or swelling in either armpit.



Skin that looks like orange peel.



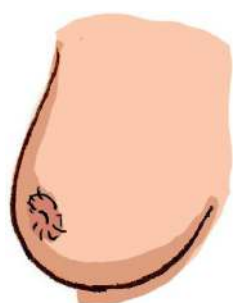
Crusting on or around your nipple.



A leaking nipple that might also bleed.



Dimples or skin that is drawn in.



A nipple that has become turned in.



Keep checking your breast because you can develop breast cancer at any time.

If you spot any of the changes tell your GP straight away.

Section 3

Scottish Breast Screening Centres

North of Scotland (Inverness)



Telephone: 01463 705416



Email: NHSH.HighlandBreastScreening@nhs.scot

North East of Scotland (Aberdeen)



Telephone: 01224 550570



Email: Gram.breastscreening@nhs.scot

West of Scotland (Glasgow)



Telephone: 0141 800 8800

Textphone: 0141 800 8858



Email: ggc.wosbs@nhs.scot

South West of Scotland (Ayrshire)



Telephone: 01294 323505 or 01294 323506

or

01294 323507



Email: aa-

uhb.breastscreening@aapct.scot.nhs.uk

East of Scotland (Dundee)



Telephone: 01382 425646



Email: tay.breastservices@nhs.scot

South East of Scotland (Edinburgh)



Telephone: 0131 537 7400



Email:

SES.BreastScreening@nhslothian.scot.
nhs.uk



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For more information about your rights or how the NHS uses your personal information go to these websites



www.nhsinform.scot/confidentiality



www.nhsinform.scot/data-protection



If you want this booklet in:

- another language
- audio
- BSL
- braille
- large print



email **phs.otherformats@phs.scot**



go to this website

www.nhsinform.scot/breastscreening



or phone the NHS inform helpline free on
0800 22 44 88.



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