

Breast Screening Helping you decide



Easy Read 2016 edition



This leaflet has a quite a few difficult words and ideas in it

We have made this leaflet as accessible as possible. There are still some difficult ideas in it. You might need to ask a friend, family member, carer or health professional to help you read this booklet.



Leaflets with the green thumbs up symbol on the cover have a small number of difficult words and ideas in them.



Leaflets with the orange thumbs up symbol on the cover have a few difficult words and ideas in them.



Leaflets with the red thumbs down symbol on the cover have quite a lot of difficult words and ideas in them.



If you see the symbol on the left it means there is a difficult medical word. This is a word that you might hear when you visit your doctor. You might also see it on letters and leaflets you get from your doctor.

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

Why does the NHS offer breast screening?

The NHS offers breast screening to save lives from breast cancer.

Screening does this by finding breast cancers early, when they are too small to see or feel.

Breast screening does not stop you from getting breast cancer.

Sometimes screening finds cancers that might be harmless, and the treatment can cause side effects.

Who is offered breast screening?

NHS Scotland invites all women aged between 50 and 70 years old to have breast screening every three years.

You can still have breast screening if you are over 70. You will not be contacted by the NHS but you can make an appointment with your local screening centre (see page 11 for details).

Women of all ages should regularly check their breasts for changes (see pages 12 and 13).

Contact your GP if you find something that worries you.

Why should you have breast screening?

- Screening can find breast cancer before you think anything might be wrong.
- The sooner breast cancer is found, the better chance you have of surviving it.
- If breast cancer is found early enough it will usually need less treatment.

What are the risks of breast screening?

- Breast screening does not find all kinds of breast cancer.
- Screening might find cancer that wouldn't do you any harm. You will have to decide if you want treatment.
- There is a very small chance that having your breasts x-rayed can cause breast cancer.
- Breast screening can be embarrassing, a bit uncomfortable and can make you worry.

Does screening stop me from getting breast cancer?

No. Screening can find cancer at an early stage, before it can be seen or felt, but it can only find cancer if it is already there.

How will I know when to go for screening?



You will be sent a letter asking you to go for screening.



You should get your first invitation before your 53rd birthday.



Please contact your local screening centre if you do not get an invitation letter by your 53rd birthday.

Where do I go for breast screening?



It depends on where you live. You will be invited to a mobile screening unit



or one of the screening centres.

What happens during breast screening?



Your appointment will usually take no more than half an hour.



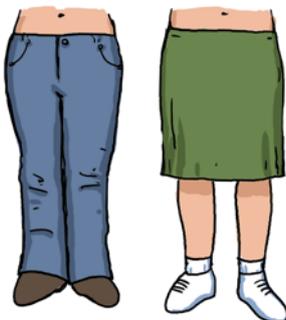
The breast x-ray (breast x-ray) itself only takes a few minutes.



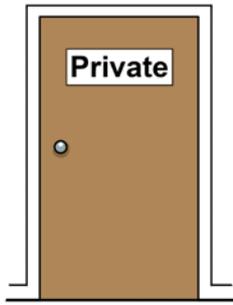
This part of the breast screening is carried out by female staff only.



You can ask questions at any time.



You will be asked to undress from the waist up, so you may find it more helpful to wear trousers or a skirt.



The screening will be done in private and you can cover up with your own top when you aren't having the breast x-ray.



Please don't use talcum powder or spray deodorant when you go for screening. Roll-on deodorant does not affect the x-ray.

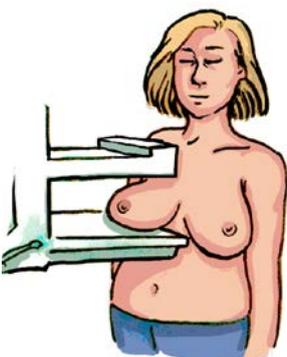


You can watch a short film about what is involved in a breast screening appointment at: www.nhsinform.co.uk/screening/breast

What does a breast x-ray feel like?



You will be positioned one breast at a time between two special plates on the x-ray machine and will take two pictures of each breast.



Your breast needs to be pressed firmly between the plates for a few seconds.



You will have to keep still while x-ray is taken.



You can stop at any time.

When do I get the results?



A letter with your results will be sent to your home address within three weeks

What breast x-ray results might I get?

- Most women will get a letter saying their x-rays are clear. This means your breast x-ray shows no sign of cancer.
- A very small number of women will be asked for a 'technical recall'. This means that something went wrong with the picture that was taken. You will be asked to return to the screening centre for another x-ray.
- A small number of women will be asked to have more tests. This is called a second stage of screening. This means your breast x-ray may show something the doctors want to look at more closely.

If you have breast cancer

What is breast cancer?

Cancer is when a part of your breast starts to grow in the wrong way and forms a lump. This is also called a tumour.

There are different types of breast cancer, called 'invasive' and 'non-invasive'.

If a tumour is 'invasive', this means that the lump has spread from where it started to grow and is now in other parts of the breast. This type of cancer will probably spread to other parts of the body if it is not treated.

If a tumour is 'non-invasive', this means that the lump has not spread into other parts of the breast.

Treatment

- Doctors cannot always tell if a breast cancer that is found will go on to be life-threatening or not.
- There are different kinds of treatment and your doctor will tell you which is best for you.
- While these treatments save lives, they can also cause bad side effects that can last for a long time.
- You will get all the information and support you need to help decide what is right for you.

Be breast aware



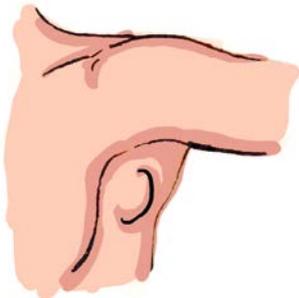
Being breast aware is about getting to know your own body so that you can notice changes to your breasts straight away.

Changes in your breasts as well as the area up to your armpit may be harmless, but you should get them checked straight away.

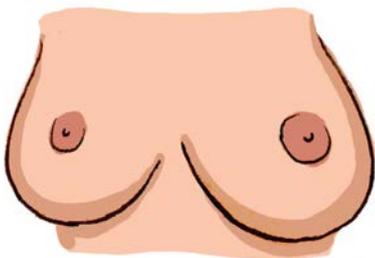
You need to look out for:



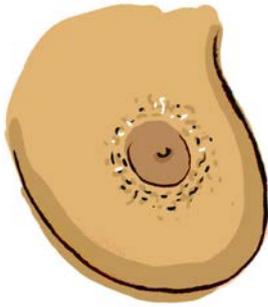
a lump



a lump or swelling in either of your armpits



one breast bigger than the other



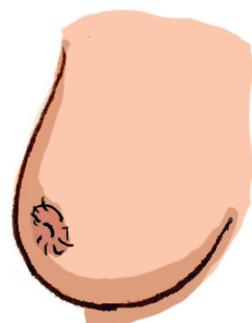
crusting on or around the nipple



a leaking nipple which might have blood in it



dimples or sunken areas of skin



a nipple that's become turned in.

Where can I get more information?



NHS inform

www.nhsinform.co.uk/screening/breast



You can also read about getting support and advice about spotting the signs and symptoms of cancer at

www.nhsinform.co.uk/cancer/scotland/dce



Scottish Breast Screening Centres

North of Scotland (Inverness)

Tel: 01463 705416

North East of Scotland (Aberdeen)

Tel: 01224 550570

West of Scotland (Glasgow)

Tel: 0141 800 8800

South West of Scotland (Irvine)

Tel: 01294 323505 or 323506 or 323507

East of Scotland (Dundee)

Tel: 01382 425646

South East of Scotland (Edinburgh)

Tel: 0131 537 7400



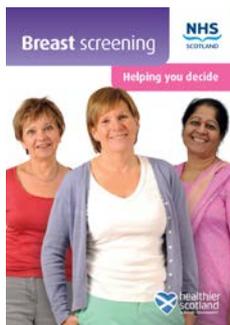
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