

WHAT HAPPENS WHEN YOU GET SCREENED?

Breast screening involves having X-ray images taken of your breasts. These are called mammograms.

To help get an accurate X-ray, you'll be undressed from the waist up. But it will always be a female 'mammographer' that will take your X-rays for you, so there's nothing to be embarrassed about.

For some women, as the process of having X-rays involves a little squeeze of pressure, it can be a bit uncomfortable. But this part should only take a couple of seconds. In fact, the whole appointment takes a matter of minutes and could help to save your life.

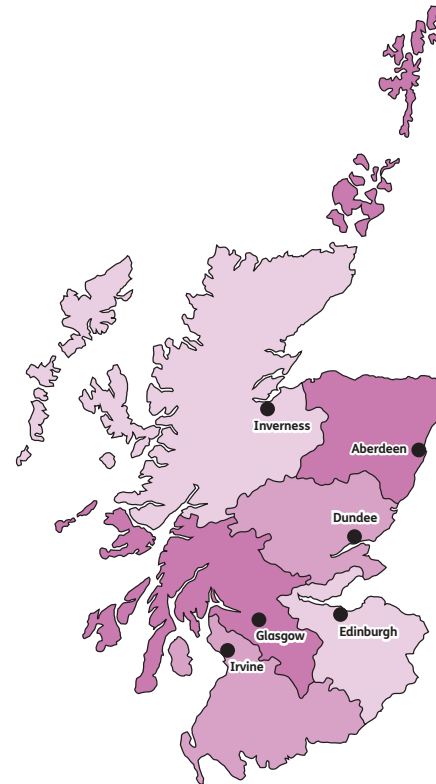


WATCH ELAINE
GET SCREENED



at getcheckedearly.org

BREAST SCREENING CAN DETECT TINY CANCERS THIS SIZE.



Get in touch with your regional screening centre if you've missed a screening appointment in the last two years and would like to reschedule:

- South East of Scotland - 0131 537 7400
- South West of Scotland - 01294 323 505
- West of Scotland - 0141 800 8800
- East of Scotland - 01382 425 646
- North East of Scotland - 01224 550 570
- North of Scotland - 01463 705 416

For more information on breast screening go to getcheckedearly.org

DON'T GET SCARED, GET SCREENED.

"I CHOOSE TO DO IT
BECAUSE IT COULD
SAVE MY LIFE."

ELAINE C. SMITH



BREAST SCREENING SAVES LIVES.

One in nine women in Scotland will be diagnosed with breast cancer in their lifetime. But if you're a woman over 50, the combination of regular breast screening and checking your breasts gives you the best chance of being diagnosed early – and surviving breast cancer.

Most women know that a lump can be a sign of breast cancer. And if they find one they need to get checked early. But they might not know the importance of breast screening. Breast screening can detect tiny cancers that can't be seen or felt.

It's estimated that breast screening saves around 130 lives every year in Scotland. This is because finding these smaller cancers early often makes them much easier to treat. It's offered by the NHS in Scotland to help increase the number of women who survive breast cancer.

WHO IS OFFERED BREAST SCREENING?

All women between 50 and 70 are invited for breast screening every three years. You'll get a letter through your door, and you'll be invited to be screened at a regional breast screening centre or one of the mobile breast screening units.

If you're over 70, you're not automatically invited, but you're still welcome to come every three years. Just make an appointment at your regional screening centre (details provided on the back page).

Although it's a personal choice to attend screening, most women in Scotland who are invited choose to go, so you won't be alone.

OTHER FREQUENTLY ASKED QUESTIONS.

WHEN WILL I GET MY RESULTS?

After screening you'll be contacted by post, usually within three weeks. The letter tells you whether or not you need any further tests.

WHAT ARE THE CHANCES CANCER WILL BE FOUND?

Most women get a completely normal screening result, which means their X-ray shows no sign of cancer. For every 1,000 women screened, breast cancer is usually found in only eight women. And remember, most of these are earlier than you could see or feel yourself, so it's easier to treat.

ARE THERE ANY RISKS OR DOWNSIDES TO SCREENING?

As with most medical procedures, breast screening does carry a small amount of risk which women should be aware of. Having mammograms every three years, for 20 years, can very slightly increase your risk of getting cancer over your lifetime. And, also, it's possible you could be diagnosed with a type of cancer where it's impossible to tell if it would harm you in the future. This means you may need to make a difficult decision about whether or not to treat it. You will, of course, be fully supported, whatever you choose to do – you don't have to make any decisions alone.

WHAT IF I MISSED MY LAST SCREENING APPOINTMENT?

If you've missed an appointment in the last two years, don't worry. You don't have to wait until your next invitation. Just call your regional screening centre and rearrange it for a time that suits you. The numbers are on the back of this leaflet.

CAN I CHANGE THE TIME OF MY APPOINTMENT?

If you can't attend at the time of your appointment just contact your regional centre to make an alternative arrangement.

WHAT TO DO IN-BETWEEN SCREENINGS.

Breast cancer touches many lives. Many of us have a friend or family member who's been diagnosed with it. It can be scary but it is treatable if it's found early enough.

Regular screening is the best way to detect breast cancer early, but it's important to check your breasts regularly in-between screenings as well, and know what is normal for you.

Lumps can appear in between screenings. They can be anywhere in your breasts, armpit or around your collarbone. If you find a lump it doesn't necessarily mean you have cancer, but you need to get it looked at to rule it out.

But there are other signs you need to look out for too. The images here show you what else could be a sign of breast cancer.

If you notice any changes in your breasts, you should get in touch with your GP straight away.

Crusty nipples



Skin like orange peel



Leaking nipples



Nipple becomes turned in



Dimples

