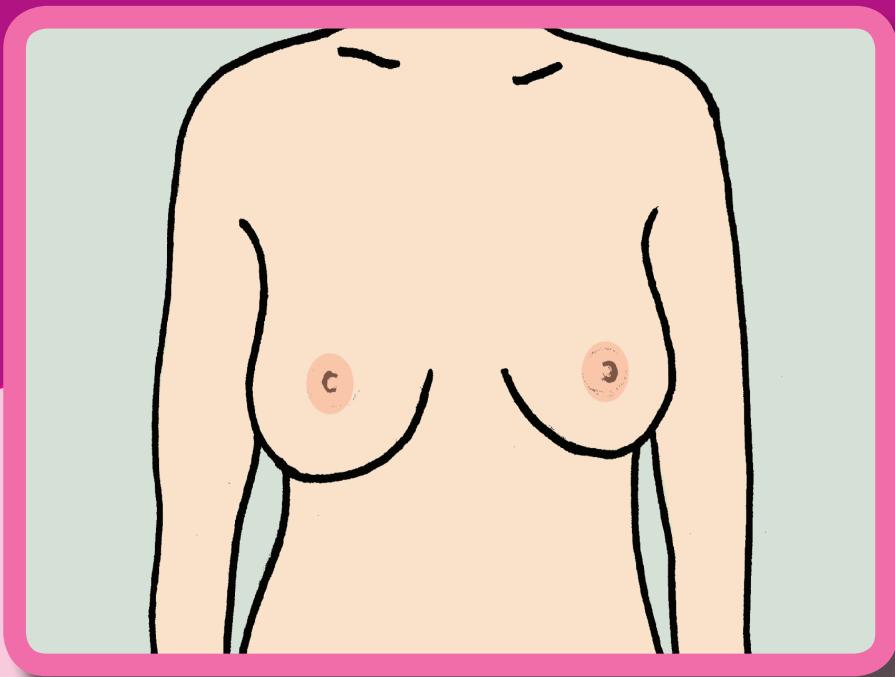


Breast Screening



Help for people with
learning disabilities

What is breast screening?

All women between 50 – 70 years old are invited for breast screening.

You will be invited for breast screening every 3 years.

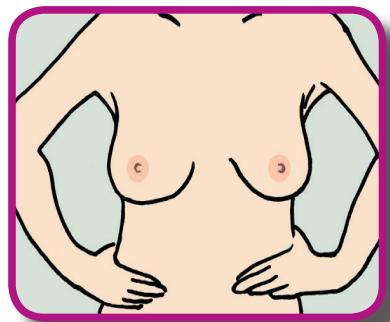
You will get your first invitation for breast screening sometime before your 53rd birthday.

You can watch a film about this on
<https://www.youtube.com/watch?v=HphkoUbfNQQ&feature=youtu.be>

Breast screening is a way of checking for breast cancer. It is a way of looking for breast cancer when it is too small to see or feel.

You can chose whether you want to have breast screening.

Breast screening means you will have a special x-ray called a mammogram which takes pictures of your breasts. X-ray is a special way of taking pictures of the inside of your body.

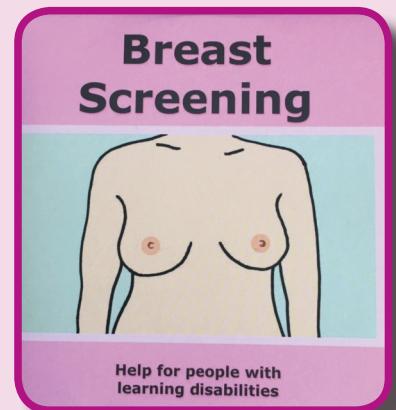
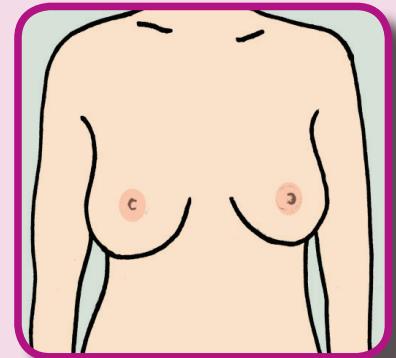


Checking your breasts

It is really important that you are breast aware between appointments. This means getting to know your breasts and checking them regularly.

If you chose not to go to your screening appointment it is still important that you are breast aware and check your breasts regularly.

You can learn about being breast aware by watching section 6 of the breast screening DVD or
<https://www.youtube.com/watch?v=SDw3sMSxVyE>



What will happen?

The breast screening service will send you an appointment letter.



The letter will tell you the date and time of your appointment. It will also tell you where to go for your appointment.



This is usually at the breast screening unit or a mobile unit. They usually send the letter to you 3-4 weeks before your appointment.



Your appointment

Breast Screening Services can offer longer appointment times for women who have a learning disability or a physical disability.



You can telephone the service and let them know you would like a longer appointment.



You can choose to take a friend relative or carer with you to the appointment.



What you should wear

It is important that you wear a top and trousers or skirt for the appointment. This is because you will need to take your top and bra off.



It is important that you do not wear talcum powder or spray deodorant on the day of your appointment.

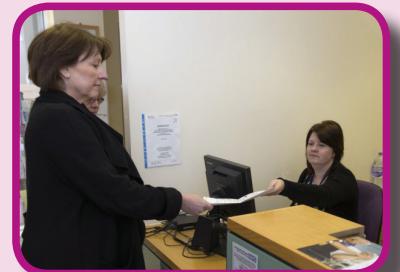


You can use roll on deodorant.



When you get there

When you get to the breast screening unit you will need to go to the reception desk.



You or your carer will need to be able to say or show your name, date of birth and address when you go to the appointment.



A member of staff will show you to a changing room. She will ask you to take your top and bra off.



Breast screening means you will have a special x ray called a mammogram.



Your special X-ray

When it is time for your mammogram, you will see a woman called a radiographer. She will talk to you about your breasts and ask about your health.

She will tell you what is going to happen.

This is the machine that will take the pictures of your breasts.

The machine does make a noise but it is not very loud.



Taking the X-ray

The Radiographer will put one of your breasts between the two plates and ask you to stand very still.



You will feel your breast being squashed. This might be uncomfortable or painful. This will only be for a few seconds, until the machine has finished taking the pictures.



The Radiographer will then take your other breast and do the same again.

The Radiographer will tip the machine onto its side to take some pictures.

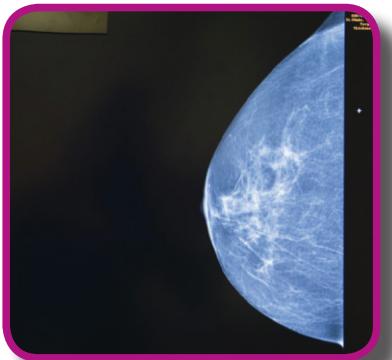


When you have the X-ray

You can sit on a chair if you find this easier than standing.



This is what the pictures look like. They will be saved on the computer for when the doctor is ready to check them.



When all of the pictures have been taken, you can get dressed and go home.

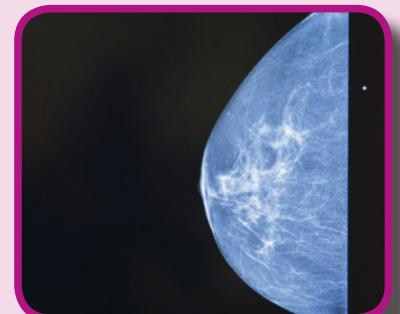


What happens next?

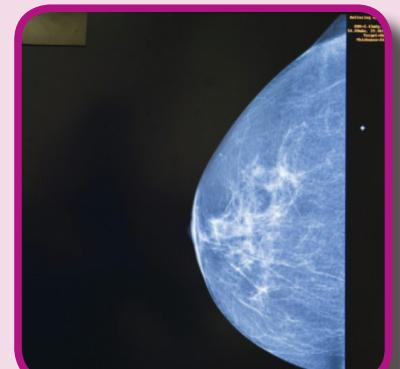
In about 3 weeks the breast screening service will send a letter to you.



If the pictures show that your breast are ok, the breast screening service will invite you back in 3 years.



If the pictures were not ok, the breast screening service will ask you to come back for some more pictures.



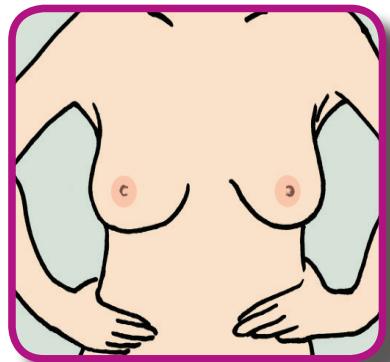
If you have to go back again

You may be called back if the pictures have shown some changes in your breasts but the pictures will not show what these changes are.

There are lots of reasons why your breasts change.

The breast screening service might need to take more pictures of your breasts or do some tests.

This is to check your breasts more and find out what these changes are.



Other things you need to know

Having a mammogram is a good way of finding breast cancers early. It is important to know this.

There are some problems:

- Sometimes some breast cancers do not show up on the pictures or they have been difficult for the doctors to see.
- Sometimes you need to have another mammogram or more tests to find out if your breasts are healthy. Having a mammogram means you will have a special x-ray to take pictures of your breasts.
- The x-ray uses something called radiation. Having a mammogram very slightly increases the chance of getting cancer over a woman's lifetime.
- Going for screening can make you feel anxious and worried, this can be normal. This will only be for a short time.



Good things about Screening

- Breast screening helps to cut the number of women dying from breast cancer.
- Breast screening can find cancer before you know it is there.
- It can find breast cancers when they are too small to see or feel.
- If breast cancer is found early, it is a lot easier for the doctors to treat it.
- If breast cancer is found early, you are more likely to get better and be able to live your life.



Notes for carers

Please use this booklet along with “The Breast Screening “ film/DVD.

<https://www.youtube.com/watch?v=SDw3sMSxVyE>

What if the person I support does not have the capacity to make a decision about screening?

Lack of capacity does not necessarily mean that the person can not, or should not have the mammogram. Any decisions for a person who lack capacity must be made in their best interests. If you need further advice or support regarding best interest decisions, please contact your local Community Learning Disability Team.

Remember

The most common symptoms of breast cancer are:

- A lump or thickening in the breast.
- A change in the nipple. The nipple might be pulled back into the breast, or change shape. You might have a rash that makes the nipple look red and scaly, or have blood or another fluid coming from the nipple.
- A change in how the breast looks or feels.
- Pain or discomfort in the breast or armpit.

If you notice any changes to the breast, you should make an appointment to see the GP straight away.

Acknowledgments

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Watch the film on

<https://www.youtube.com/watch?v=SDw3sMSxVyE>