

Easy Read



About your breast test



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



phw.nhs.wales/breast-screening

How to use this leaflet



This is an Easy Read leaflet. The words are easy to read and understand. Difficult words are in **bold** the first time they are used.



You may need help and support to read and understand this leaflet. Ask someone you know to help you.



This leaflet is available in Welsh.

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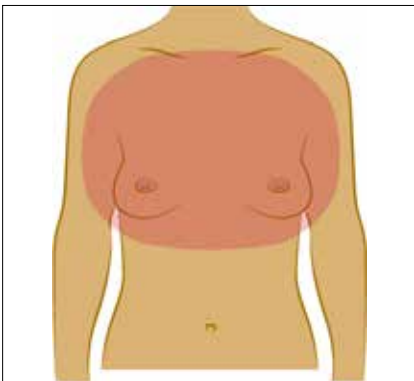
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What is this leaflet about?



This leaflet is about a health test for women.



The test checks to see if you have breast cancer.

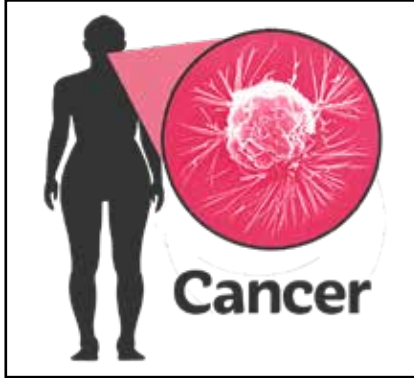


This leaflet tells you about going for your breast test.



Going for your breast test could save your life.

What is cancer?



Cancer is a very serious illness. When a person has cancer they will need to go to hospital.

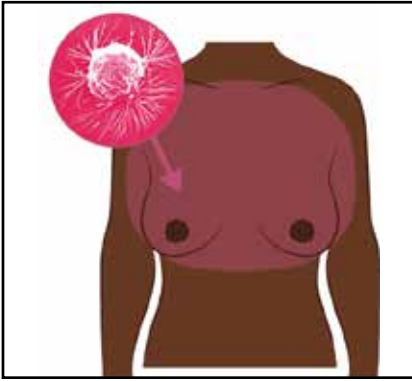


The earlier we find cancer the easier it is to treat you.



Lots of people who get cancer get better.
Some people who get cancer will die.

What is cancer?



You can get cancer in your breasts.



Women over the age of 50 are more likely to get breast cancer.



You can feel well and not know you have breast cancer.



The best way of looking for breast cancer is to have a breast test.

About your breast test



A breast test is a **X-ray** of the breasts. The X-ray is called a **mammogram**.



The breast test looks for breast cancer that is too small to see or feel.



The earlier we find breast cancer the easier it is to treat you.



Going for a breast test is your choice.

Going for your breast test could save your life

About your breast test



Women aged 50 up to 70 will be sent a letter and leaflet from Breast Test Wales.



Women may be aged between 49 and 53 years when they get their first letter.

A letter will be sent every 3 years.



Women 70 and over can ask to have a breast test.

A sample of an NHS breast screening test invitation letter. At the top, there are logos for GGC, NHS, and Breast Test Wales. The letter is addressed to 'Dear Mrs Jones'. The main text says 'We would like to invite you for a routine NHS breast screening test at'. Below this, there are fields for 'Date:' and 'Time:'. The letter ends with several lines of dotted text for additional information.

Your letter will tell you the date and time of your breast test.

About your breast test



Most women have their test in a **mobile clinic**. The clinic looks like a large lorry.



Some women have a breast test in a Breast Test Wales centre.



Let us know before your appointment if you have a disability or need support.

You can ask for a longer appointment.



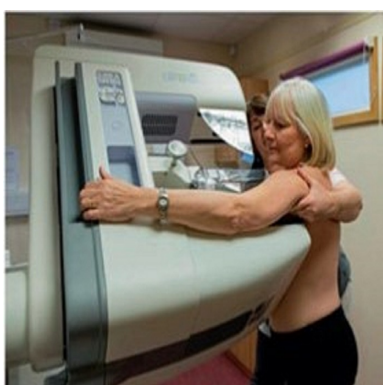
You can come with a family member, carer or support worker.

About your breast test



A woman called a **radiographer** will take your test.

You will need to take off your top and bra.



The radiographer will put your breast on the X-ray machine.

If you cannot stand for the test, you can sit down.



The machine will squash your breasts. It may hurt a little.



Having a breast test only takes a few minutes.

Your breast test results



The X-rays are checked to see if the inside of your breasts are healthy.



You will be sent a result letter in the post 3 weeks after your test.



Most results will show no sign of cancer.



Some women will be invited for more tests.

Your breast test results



If your result shows no sign of cancer, you will be invited for a breast test in 3 years.



If you are invited to have more tests it does not always mean you have breast cancer.

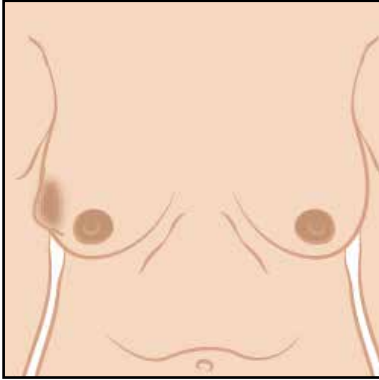


You will have the tests at your local Breast Test Wales centre.

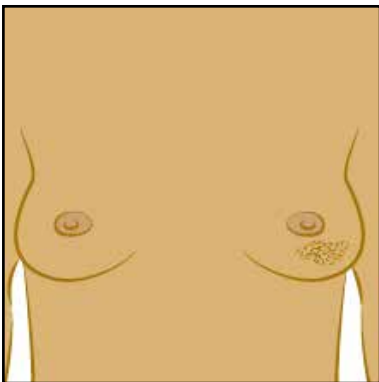


After more tests some women will find out they have breast cancer.

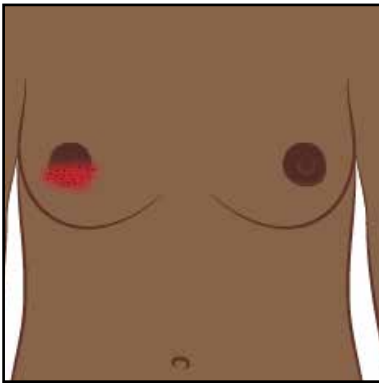
Changes to look out for



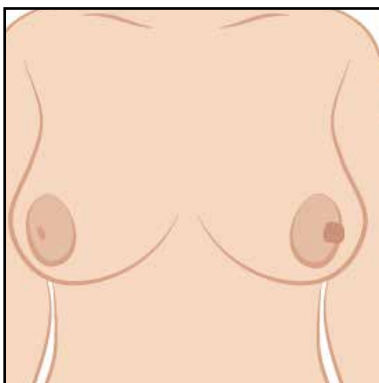
A lump or area that feels thicker than the rest of the breast.



A change to the skin.

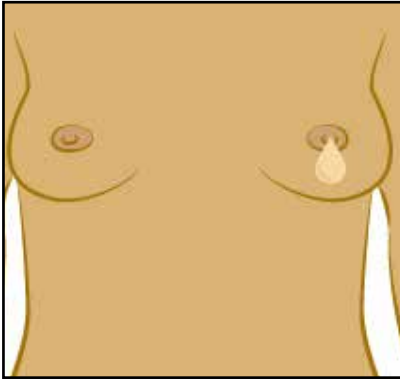


Redness or a rash on the skin or around the nipple.

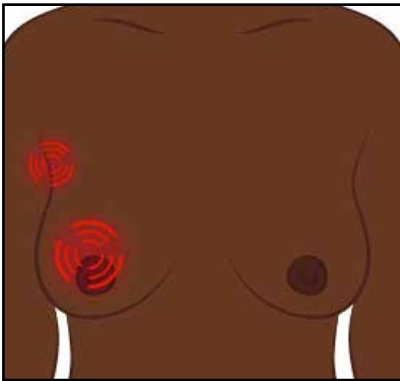


A change to the nipple. It may become pulled in or changed position or shape.

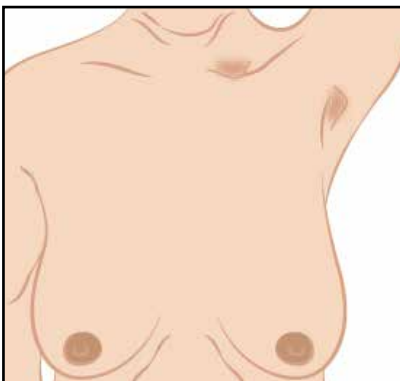
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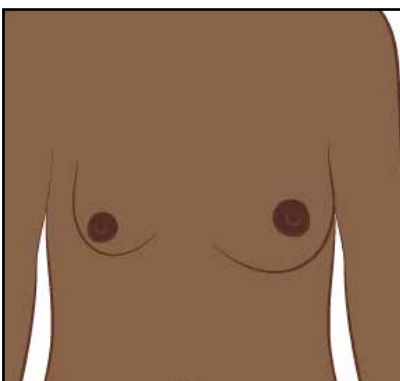
Liquid that comes from the nipple without squeezing.



Pain in your breast or your armpit that is there most of the time.



A swelling in your armpit or around your collarbone.



A change in size or shape of the breast.

Even if you have had a breast test, if you notice any of these changes tell your doctor.



Stop smoking. You can get free help to support you to stop smoking.

Ring Help Me Quit on: 0800 085 2219.



Eat healthy food.



Move more.



Drink less alcohol.

Where can I get more information?



South East Wales

Phone: 029 2039 7222

Email: BTWSouthScreening@wales.nhs.uk

West Wales

Phone: 01792 459988

Email: BTWWestScreening@wales.nhs.uk

North Wales

Phone: 01492 860888

Email: BTWNorthScreening@wales.nhs.uk



You can speak to us on the phone in Welsh or English.



You can visit our website:

www.phw.nhs.wales/breast-screening

**BREAST
CANCER
NOW** The research
& care charity

For more information and support about breast cancer visit:

www.breastcancernow.org