

Easy Read



# NHS Wales screening information for people who are transgender (trans) or non-binary



## About your breast test



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



[phw.nhs.wales/breast-screening](http://phw.nhs.wales/breast-screening)

# How to use this leaflet

---



This is an Easy Read leaflet. The words are easy to read and understand. Words in **bold blue** writing may be hard to 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.

## Contents: What is in this leaflet

---

**What is this leaflet about?**

**4**

**About breast cancer**

**5**

**Who will be invited for a breast test**

**7**

**Before your breast test**

**9**

**About your breast test**

**11**

**What happens next?**

**13**

**Who will not be invited for a breast test**

**15**

**Changes to look out for**

**16**

**Where can I get more information?**

**18**

**Keeping healthy**

**19**

# What is this leaflet about?



This leaflet is about having a **breast screening** test if you are trans or non-binary and aged 50 up to 70.

You may know this as a breast test.



It is important that you read this information. It will tell you who:

- will be invited for a breast test, and
- needs to have a breast test.

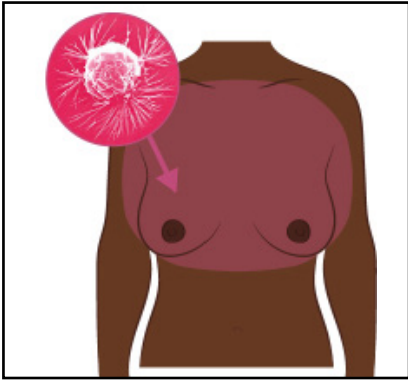


Going for a breast test is your choice.



There is another Easy Read leaflet to tell you about this test.

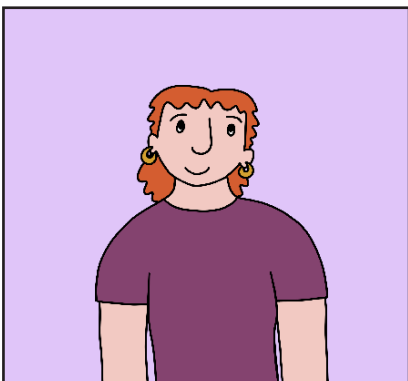
# About breast cancer



**Breast cancer** is cancer of the breasts.



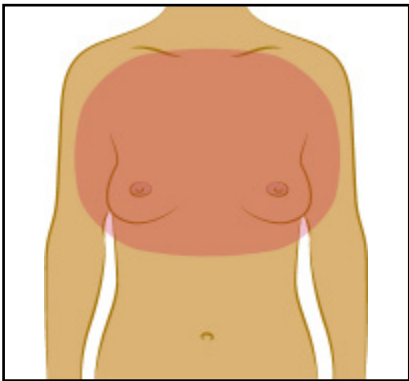
The best way of looking for breast cancer is to have a breast test.



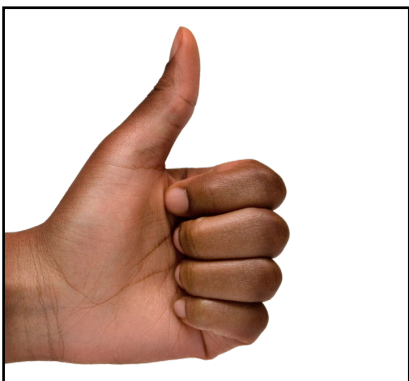
People can feel well and not know they have breast cancer.



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.

# Who will be invited for a breast test

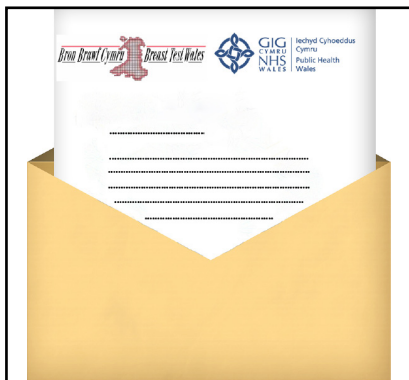


You will be invited every 3 years if you are:

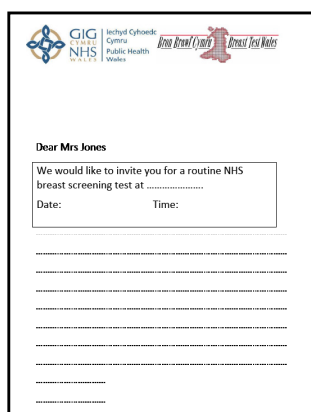
- registered with your doctor as female, and
- aged 50 up to 70.



People over 70 will not be invited for a breast test. They can contact us to see if they can have a breast test.



You will be sent a letter in the post.



Your letter will tell you:

- the date and time of your breast test
- where to go, and
- how to get in touch.



You can phone us to:

- change the date or time of your appointment, or
- ask to go for your breast test at the beginning or end of the clinic.



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



Some people have a breast test in a screening centre.

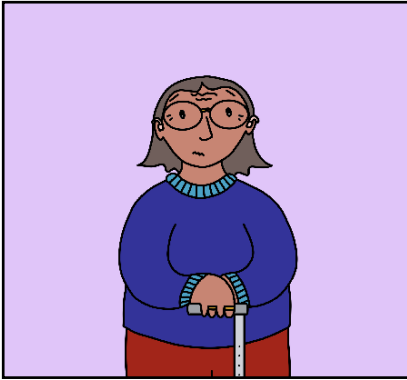


Let us know if you:

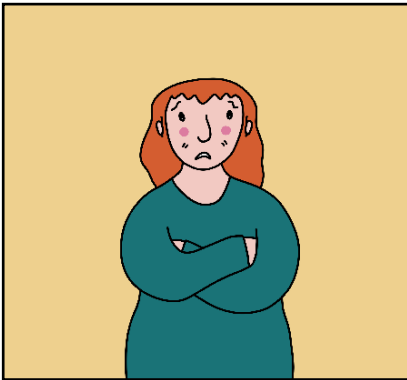
- cannot come for your breast test, or
- think you should not have been invited.

We may be able to give your appointment to someone else.

# Before your breast test



We know this can be a worrying time.



You may feel scared or embarrassed about having a breast test.



Talk to your nurse, doctor or someone you trust about how you feel. They may be able to help.



Before your appointment let us know if you:

- need support at your appointment
- need a longer appointment
- need to bring someone with you. For example a family member or carer, or
- cannot stand for your appointment.



Talk to your doctor, or us if you have had top surgery.

You may still have breast tissue and need to have a breast test.



You should tell us if you have had a breast X-ray in the last 6 months.



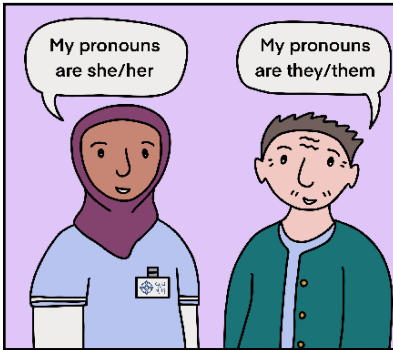
There is a small chance having an X-ray can cause cancer.

This is very rare.

# About your breast test



When you arrive the screener will ask you some questions. The screener will take your test.



Let us know what **pronouns** you would like us to use.

It is important that we get this right.



Let them know if you have **breast implants**.

Implants are put into the chest/breasts to change the shape or size.



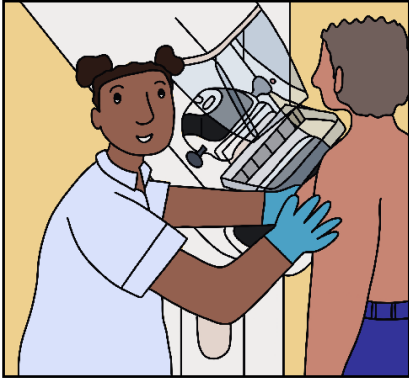
You will need to take off your top and bra or vest.

You can do this in the changing room.



If you wear a **binder** you will have to take this off.

**Binders** are like tight vests. Wearing a binder makes a persons chest look flat. Most trans men and some non-binary people may wear a binder.



The breast screener will put the breast on the X-ray machine.



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

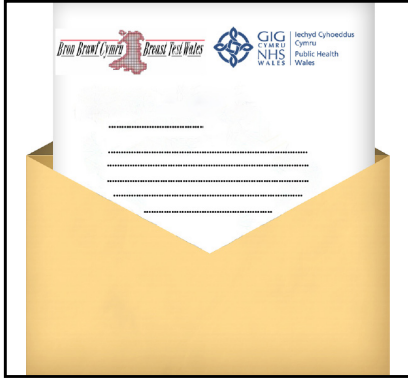


Having a breast test only takes a few minutes.



You can stop the test at any time.

# What happens next?

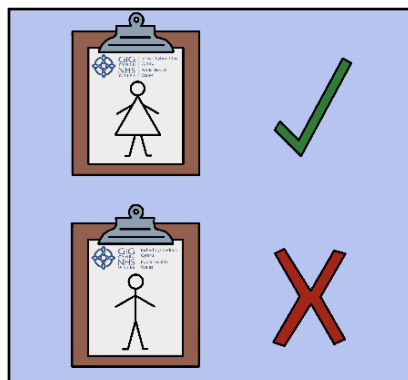


You will be sent a result letter in the post 3 weeks after your test.

Most results will show no sign of cancer.



If your result shows no sign of cancer, you will need to have a breast test in 3 years time.



If you are registered as female you will be invited.



If you are not registered as female, talk to your doctor who will arrange this.



Some people may need more tests.

You will be given more information about these tests.

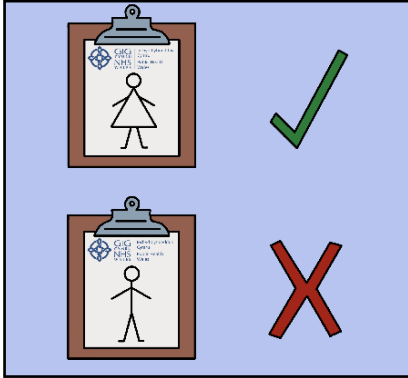


You will have the tests at a screening centre.



Most people will not have breast cancer.

# Who will not be invited for a breast test

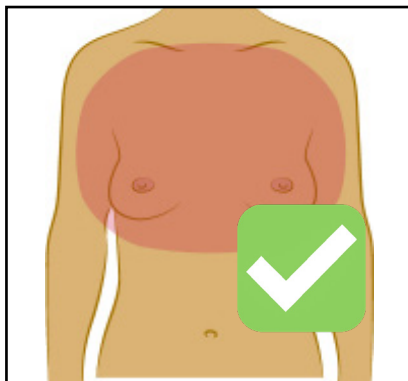


If you are not registered with your doctor as female, you will not be invited.



Your doctor can arrange an appointment at the hospital.

You need to ask your doctor to arrange an appointment every three years.



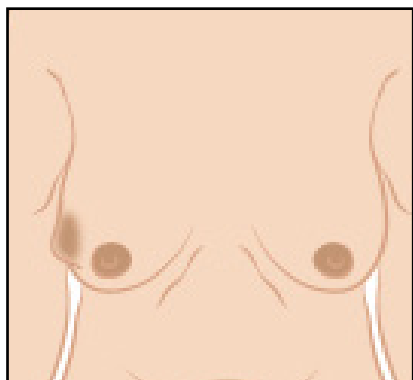
It is important that people who have breasts go for their breast test.



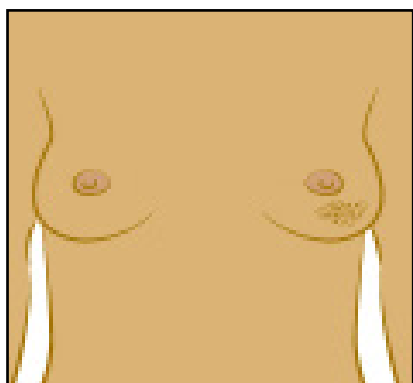
You can speak with your doctor or someone you trust to help you decide.

# Changes to look out for

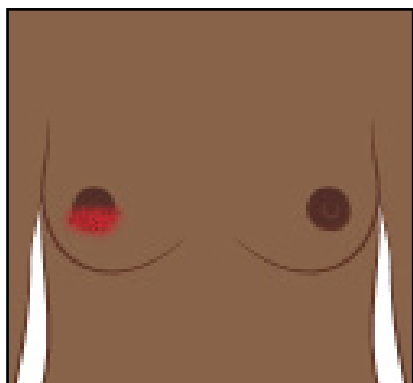
---



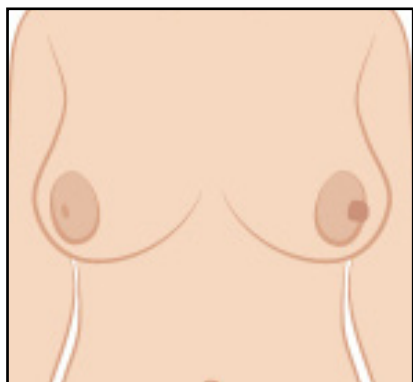
A lump or area that feels thicker than the rest of the breast.



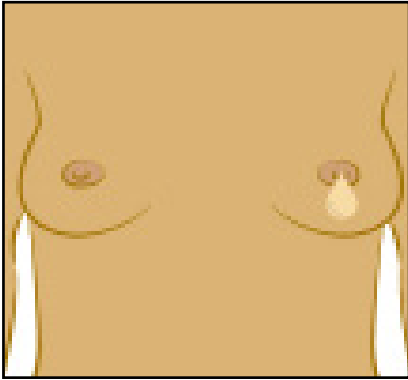
A change to the skin.



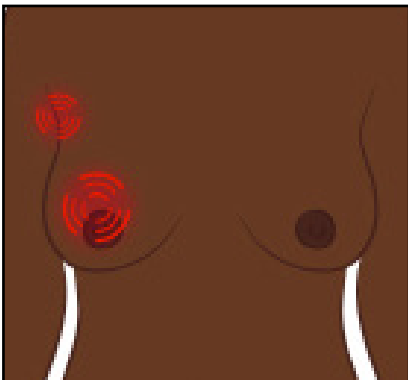
Redness or a rash on the skin or around the nipple.



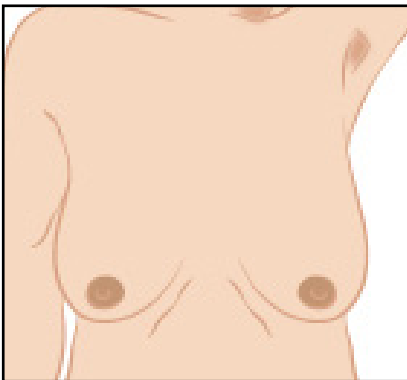
A change to the nipple. It may become pulled in or changed position or shape.



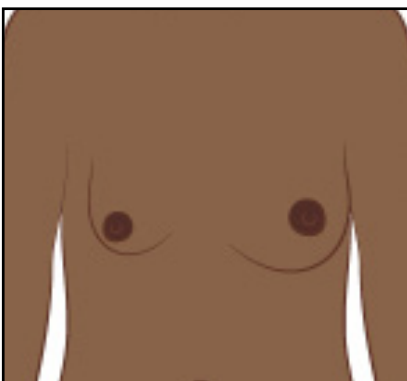
Liquid that comes from the nipple that is not usual for you.



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



A swelling in the armpit or around the **collarbone**.



A change in size or shape of the breast.

Speak to someone at your doctor's surgery if you notice a change in your health.  
Do not wait for your breast test.

# Where can I get more information?



South East Wales

Phone: 029 2039 7222

E-mail: [south-breast-screening@wales.nhs.uk](mailto:south-breast-screening@wales.nhs.uk)

West Wales

Phone: 01792 459988

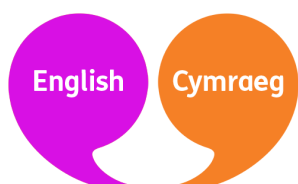
E-mail: [west-breast-screening@wales.nhs.uk](mailto:west-breast-screening@wales.nhs.uk)



North Wales

Phone: 01492 860888

E-mail: [north-breast-screening@wales.nhs.uk](mailto:north-breast-screening@wales.nhs.uk)



You can contact us in Welsh or English. It will take us the same amount of time to answer you whichever language you choose.



Website:

[phw.nhs.wales/screening-trans-information](http://phw.nhs.wales/screening-trans-information)

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

For more information and support visit:

[www.breastcancernow.org](http://www.breastcancernow.org)

# Keeping healthy

Things you can do to look after yourself.



Go for screening when you are due.



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.

Images courtesy of:  
Freepik, Photosymbols, Adobe  
Stock and Flatboy.