

About your breast test



- This booklet tells you about having a breast test
- Having a breast test can save your life

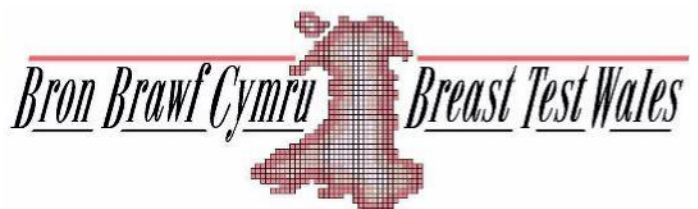
**This is the Easy Read version.
Ask us if you want a different version.**

www.breasttestwales.wales.nhs.uk



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What is breast cancer?



Cancer is a very serious illness.



When a person has cancer they will need to go to **hospital**.



There are lots of people who get cancer who get better.



But, some people who get cancer die.

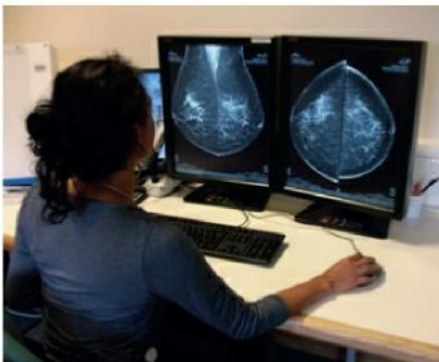
What is a breast test?



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



The best way of looking for breast cancer is by having a **breast test**.



A breast test is a special **x-ray** of the breasts.



It looks for breast cancer which is too small to see or feel.



If we find breast cancer early, it may be easier to treat you.

When you get your letter



Women aged **50 to 70** will be sent a letter about breast screening.



The letter will tell you **when** and **where** you will have your breast test.



If you are **over 70** and want a breast test, you can phone **Breast Test Wales** and ask for one. You can also contact us on our **website**.

Where do I have my breast test?



Most people have their breast test in a **mobile clinic**.



The clinic looks like a large lorry.



Some people have a breast test in a **clinic building**.

What happens?



A woman called a **radiographer** will meet you at the clinic.



She will show you to a private place so you can take off your top and bra.



She will take you to the x-ray machine.

She will show you where to stand.

What happens?



She will put your breast on the x-ray machine.



The machine will squash your breasts so they are flatter.



This is so the x-ray gets a good picture of inside your breasts.

What happens?



It may hurt a bit but it does not last long.



Having a breast test only takes a **few minutes.**



Then you can put your clothes back on and go home.

What next?



You will get a letter with your breast test results.



The letter tells most women that their breasts are healthy.



Some women are asked to have more tests.



This does not always mean you have cancer. It means they have found something and need to do more checks.



After more tests, a few women will find out they have breast cancer.

Things to think about



You can ask someone to go with you to help you understand.



You can ask for a longer appointment.



You can eat and drink normally before your breast test.



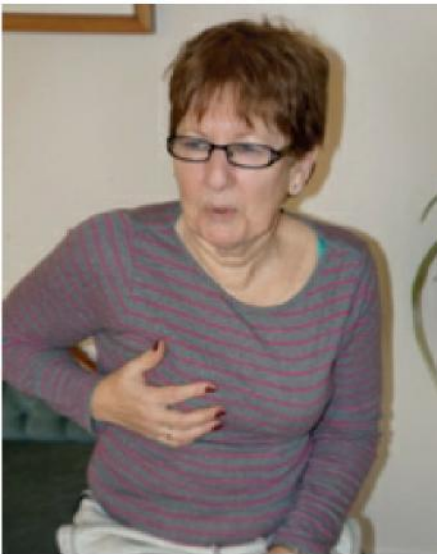
You can talk to someone at your doctors if you have questions.

It is your choice if you go.

Things you can do



Tell your doctor if someone in your family has had breast cancer.



Tell your doctor if you see or feel any **changes** in your breasts.

Things you can do

If you look after yourself you will be healthier.



- don't smoke



- eat healthy food



- don't drink too much alcohol



- do some exercise

Think about going for your breast test when you are asked.

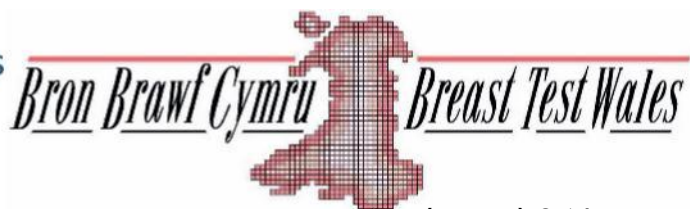
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