



Your Breast Screening Visit

is a quick, free, confidential service and
your screening mammogram is taken by a female member of staff.



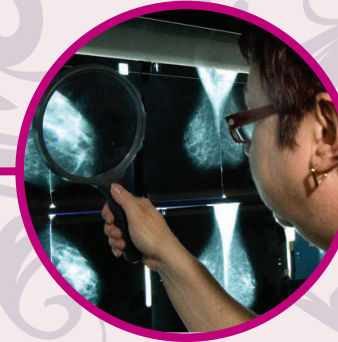
Invitation letter
is sent to you



Attend our
Mobile Unit



Have your
Mammogram
X-Ray



Films are read by 2 readers.
Results are sent to your
home within 3 weeks.



Be breast aware
between appointments.
Please turn over

Breast Cancer is the most common female cancer:

- 1 in 8 women will develop breast cancer at some time in their life.
- Breast cancer is more common in women in your age group.
- Most breast cancers found during breast screening are at an early stage when there is a good chance of a successful recovery.
- Breast screening is the most effective way of detecting breast problems at an early stage using mammography (x-ray of your breasts).

Make sure you attend your appointment; it could save your life! Please let us know if you cannot attend.

Be aware that your risk of breast cancer increases with age.

If you are over **70 years** and you haven't received an invitation, you are still welcome to come for screening every 3 years.

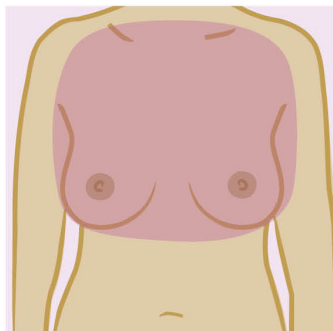
It is still a free service, just phone the number below or email us and ask for an appointment.

Contact Details for City, Sandwell & Walsall Breast Screening Service Tel; **0121 507 4967** or Email swb-tr.cswbreastscreening@nhs.net



Taking care of your breasts

Areas to check



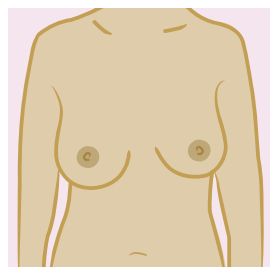
Breast awareness is all about caring for your body, getting to know your breasts and how they normally look and feel so that you are confident in noticing any unusual changes.

There is no right or wrong way to check your breasts. Do it in a way that is most comfortable and convenient for you, for example in the shower or when putting on cream or lotion. You should try to both look at and feel your breasts making sure you pay attention to the entire breast tissue area.

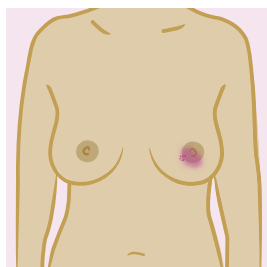
You know better than anyone how your breasts look and feel normally, so if you notice a change, go and see your GP as soon as you can.

For any health breast concerns, visit www.breastcancercare.org.uk or call our free, confidential helpline on 0808 800 6000 (Text Relay 18001). An interpreting service is available.

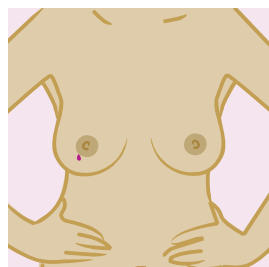
Breast Cancer Care doesn't just support people affected by breast cancer. We also promote the importance of early detection and answer your questions about breast health. As well as our breast cancer publications we provide evidence-based information on a range of breast conditions and general information on looking after your breasts.



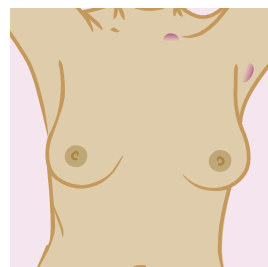
A change in **Size** or **Shape**



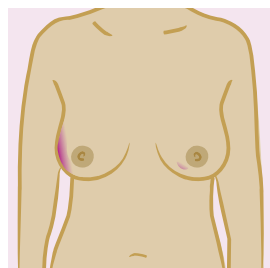
Redness or a **rash** on the skin and/or around the nipple



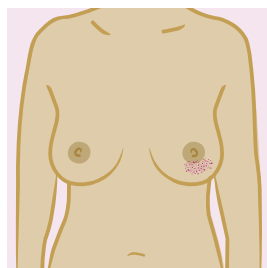
Discharge (liquid) from one or both of your nipples



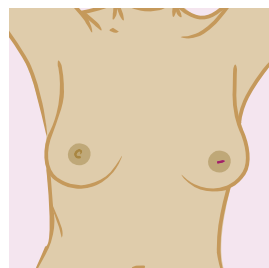
A **swelling** in your armpit or around your collarbone



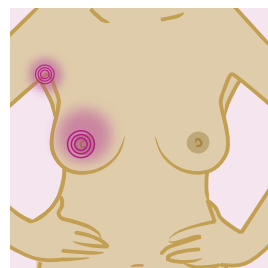
A **lump** or **thickening** that feels different from the rest of the breast tissue



A change in skin texture such as **puckering** or **dimpling** (like orange skin)



If a nipple becomes **inverted** (pulled in) or changes its position or shape



Constant **pain** in your breast or your armpit

breast
cancer
care

Breast awareness information provided in collaboration with Breast Cancer Care.

For your chance to win a **£25** Asda voucher fill in our questionnaire online at www.breastcancercare.org.uk/BAsurvey or when you attend your breast screening appointment.



Where
EVERYONE
Matters