

Attend routine screening

- All women should have routine breast x-ray (mammogram) every three years from the age of 50
- If you are over 70, you can still be screened by speaking to your local breast screening service or asking your doctor to make an appointment
- Be breast aware between screening appointments
- If you notice any changes between screening appointments report them to your doctor or nurse as soon as possible
- Remember you need to be registered with a doctor to be invited for screening. Make sure your GP has your current details on record



To find out more ...

If you have any questions speak to your doctor, nurse or pharmacist or contacting the London Breast Screening Service on:

020 3758 2024

Monday to Friday 8am to 6pm

Saturday 8am to 4pm.

The North London Breast Screening Service

Deansbrook House, Edgware Community Hospital, Deansbrook Road, Edgware, HA8 9BA.

The Central & East London Breast Screening Service

West Wing, St Bartholomew's Hospital, West Smithfield, London, EC1A 7BE.

Outer North East London Breast Screening Service

InHealth, Romford Community Clinic, Lambourne House, 7 Western Road, Romford, RM1 3LD.

The West of London Breast Screening Service

First Floor, Charing Cross Hospital, Fulham Palace Road, London, W6 8RF.

The South West London Breast Screening Service

The Rose Centre, St George's Hospital NHS Trust, Perimeter Road, London, SW17 0QT.

The South East London Breast Screening Service

Breast Radiology Department, Cheyne Wing, Kings College Hospital, Denmark Hill, London, SE5 9RS.

Information about London screening appointments can be obtained at:

www.london-breastscreening.org.uk

Further information on breast screening can also be obtained by visiting the cancer-screening website at:

www.cancerscreening.nhs.uk

For support and information about breast health visit the Breast Cancer Care website at:

www.breastcancercare.org.uk

or call the helpline on 0808 800 6000 (textphone for hearing impaired callers 0808 800 6001). Interpreting service available for any language.

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NHS
Cancer Screening



You
and your
breasts

Breast awareness



What is breast awareness?

An important part of caring for your body. Getting to know your breasts and the way they change throughout your life.

What is breast cancer?

Breast cancer happens when cells in the breast grow out of control. Without treatment, this cell growth can spread to nearby areas or throughout the body.

Why be breast aware?

- By learning what is normal for you, you can notice any changes more easily
- Breast changes are normally found by you or your partner
- 9 out of 10 breast changes are not cancer but any change should be checked by your GP
- Early detection of breast cancer can mean simpler, more successful treatment

What changes can be normal in your breasts?

- Different sizes or shapes of your breasts
- Hair on the breasts
- Changes throughout your life like puberty, periods, pregnancy and menopause
- Breast pain linked to monthly changes, including your periods

What RECENT changes to look and feel for?

- Changes in the size and shape of your breasts
- Changes in nipple position
- A rash on or around your nipple
- Discharge from your nipple
- Changes to the appearance of the skin of your breasts
- Swelling, thickening or lumps in your breasts, nearby area or under your armpits
- Constant pain in one part of your breast, nearby area or armpits

When to look and feel

- There is no right or wrong way or time to do this
- Look and feel all parts of your breast, nearby areas and armpits
- Find a way to become familiar with your breasts that is comfortable for you

Follow the breast awareness five-point code

1. Know what is normal for you
2. Know what changes to look and feel for
3. Look and feel
4. Report any changes to your doctor without delay
5. Attend routine breast screening from the age of 50



Five point code