

# Get to know your breasts

This will make it easier to notice any changes in how they look or feel.

- A good time to check your breasts is when you are in the bath or shower.
- Look at your breasts and feel each breast and armpit, up towards your collarbone.
- Look with your arms down by your sides and with them up in the air.

**If you notice anything unusual or are worried you may have symptoms of breast cancer, talk to your doctor straight away. Do not wait for your next screening invitation before telling a doctor or nurse.**

**It is important to get to know your breasts so you can spot any unusual changes.**

## Did you know?

Participation in breast screening in Yorkshire is similar to the England average (7 in 10 women), and in some areas of Yorkshire as many as 8 in 10 women go for their screening when invited. In other areas of Yorkshire only 5 in 10 women go for their breast screening when invited.

Yorkshire Cancer Research wants to give information about breast screening to help you make an informed choice. We are encouraging participation in breast screening which will help more women get an early diagnosis. Getting cancer diagnosed earlier will help to save lives. **If you have any questions about breast screening, talk to your doctor or practice nurse.**

**If you think you may have missed a breast screening appointment or are aged over 70 and would like to arrange a mammogram, contact your local screening centre - details can be found here: [www.nhs.uk/service-search](http://www.nhs.uk/service-search)**

We hope you found your free health check helpful. Please help us offer health checks across Yorkshire by supporting Yorkshire Cancer Research.

You can make a one off donation or sign up to give monthly by visiting [www.ycr.org.uk/donate](http://www.ycr.org.uk/donate). You can also make a donation today by texting **YORKSHIRE** to **70007** to donate £3.

Thank you.

  
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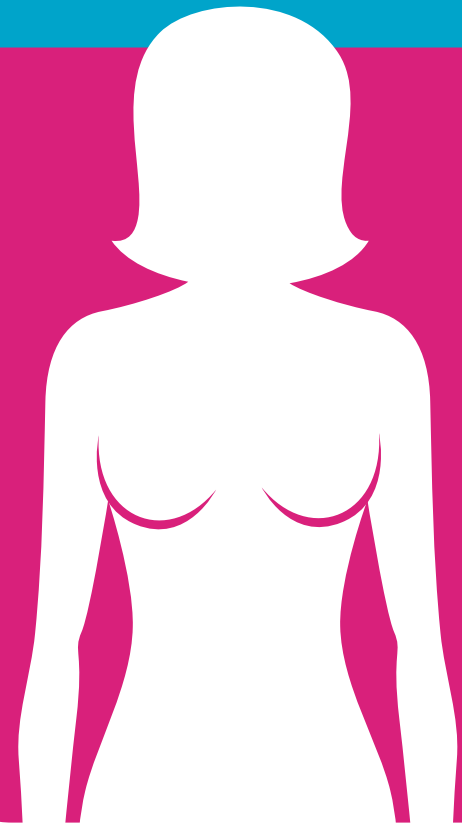
[www.ycr.org.uk](http://www.ycr.org.uk)



Registered Charity 516898

# Breast screening

*Helping you make an informed choice*



  
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*Saving Yorkshire Lives*

Breast cancer is the most common cancer in women in Yorkshire and the second most common cancer overall.

If breast cancer is diagnosed early, it can often be treated successfully – removing the cancer or stopping it from spreading to other parts of the body.

Breast cancer screening can help to detect breast cancers early, when they might be too small to feel or see.

### Symptoms of breast cancer include:

- A change in how your nipple looks
- A change in the size or shape of your breast
- A lump or area of thickened tissue in your breast
- A lump or swelling in your armpit
- A rash on or around your nipple
- Dimpling on the skin of your breast
- Discharge from your nipple

**Breast pain is not usually a symptom of breast cancer.**

**1 in 8 women are diagnosed with breast cancer in their lifetime**

# Breast screening - mammograms

An x-ray test called a 'mammogram' is used for breast screening. This test can find breast cancers when they are too small to see or feel.

Mammograms are carried out at special clinics or mobile breast screening units, by a female member of staff. Your breasts will be x-rayed one at a time. The mammogram will then be checked for any signs of cancer.

### Who can be screened?

- If you are aged 50 to 70 (or 47 to 73 in some areas) and are registered with a GP you should be sent an invitation for breast screening every 3 years.

- If you are aged over 70, you will stop being automatically invited for screening. You can make an appointment by contacting your local screening unit.

**If you think you may have missed a breast screening appointment, or have not been invited, contact your local screening centre. Make sure your doctor has your current contact details.**

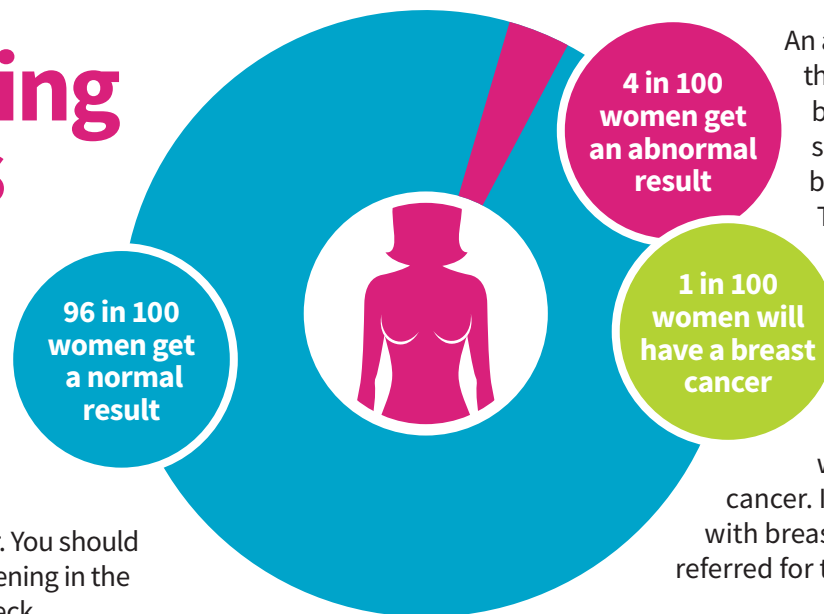
**It is important that you keep going for breast screening during the time it is offered**

**Between screenings talk to your doctor straight away if you notice any symptoms of breast cancer**

## Breast screening results

A normal result means that your mammogram did not show any signs of cancer.

However, this does not mean that you will never get breast cancer. You should continue going for screening in the future and regularly check your breasts.



An abnormal result means that you will be called back for further tests such as a breast exam, biopsy or ultrasound. These will look in more detail at whether you may have breast cancer.

Not every woman who is called back will have breast cancer. If you are diagnosed with breast cancer you will be referred for treatment.