

# Going for a breast screening



**An easy read guide**

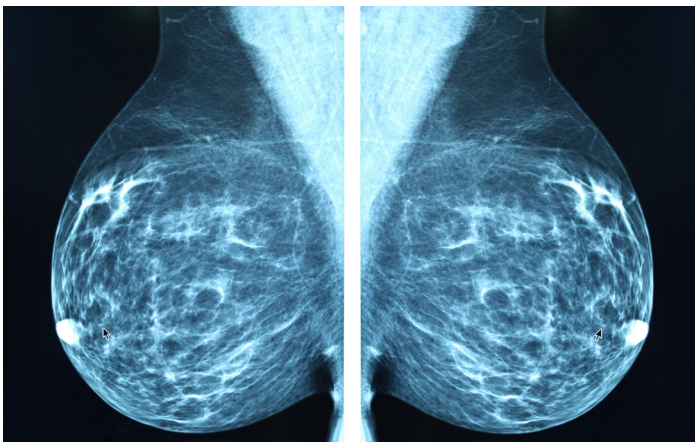




This is Tracy.

Since she turned 50, she gets a letter every 3 years from the NHS.

It asks her to go for a mammogram.



A mammogram is an x-ray picture of her breasts.

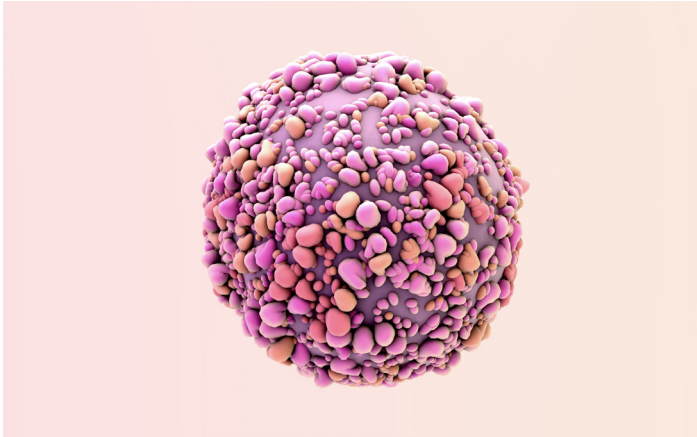


She will need to go to her local breast screening unit for her mammogram.



This may be a mobile unit or at a hospital.

The letter will tell her where to go.



Like the rest of your body your breasts are made up of tiny cells.

In some people these cells can change from healthy cells into unhealthy ones.



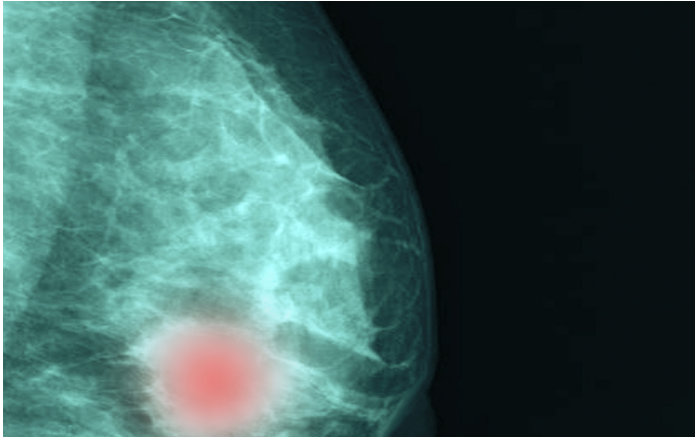
You might see or feel a change, this might be with your nipple or breast.



If you find or see any changes like this you should tell your GP as soon as possible.

Don't wait until your mammogram.

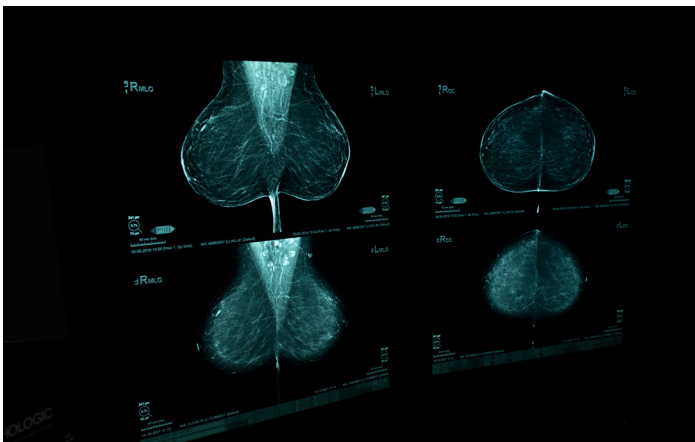




Some changes are so small that you can't see or feel them.

They can only be seen on an x-ray.

These small changes might grow and they might turn out to be cancer.



That's why it's so important for Tracy to go for the mammogram.



Tracy also knows that she needs to go back every 3 years to be checked again.



On the day of the appointment Tracy went to the unit.

She went on her own but knew she could take someone with her for support if she wanted.



The person who does the mammogram is called a mammographer.

It will always be a female.



This is the machine that takes an x-ray picture of your breasts.



The mammographer tells Tracy what will happen and asks if she has any questions.

She said the mammogram won't hurt but it may feel a little uncomfortable.



Tracy has to take the top half of her clothes off.

There is nobody else in the room apart from the mammographer.





The mammographer helps Tracy get into the right positions.



She needs to take 2 x-rays in different positions for each breast. It didn't take long.

Tracy could then get dressed and go home.



The results of the mammogram are sent by letter after a couple of weeks.



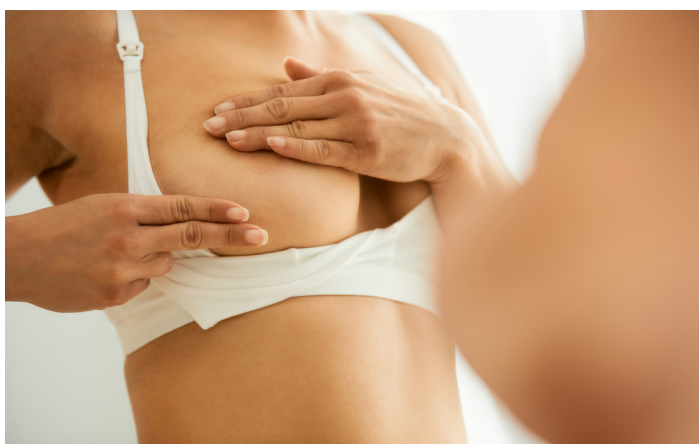
If it shows any changes, her letter will explain and ask her to go for more tests.

## How to check your breasts



You should check your breasts every 4 to 6 weeks.

Do it somewhere private like the bathroom or your bedroom.



Gently press down with your fingertips and feel your breast.

Move your hand around your breast in your armpits and across your chest.



Lift and feel under each breast too.

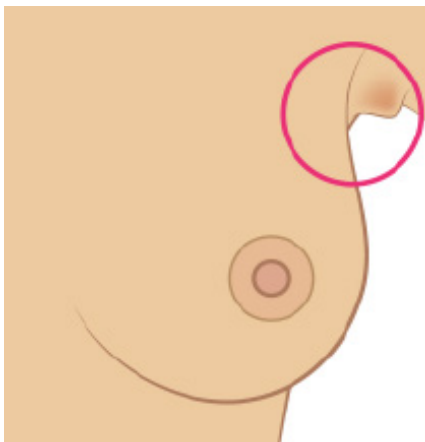


If you feel or see something different you should tell your doctor right away.

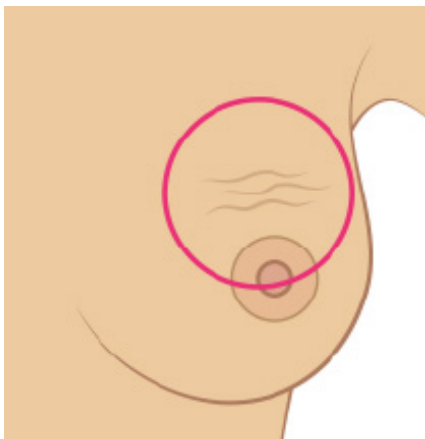
Speak to your doctor if you feel or see any of these changes in your breast:



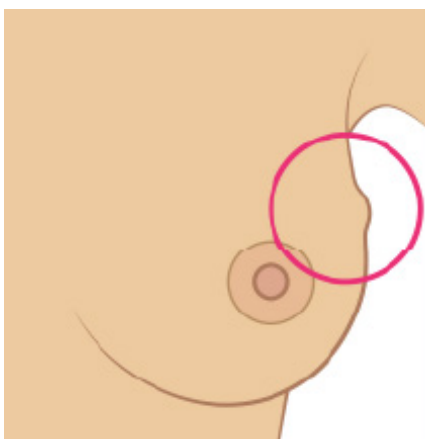
Your breasts change shape or size



There is swelling or a lump in your armpit or around your collarbone

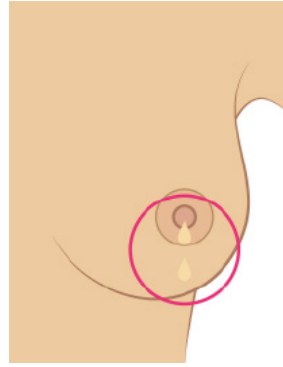
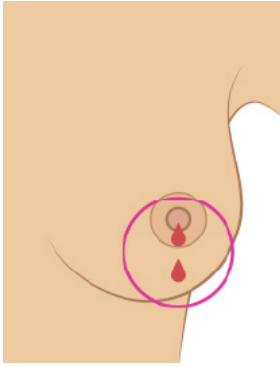


There is a change in how your skin looks and feels, or it is red around your nipple

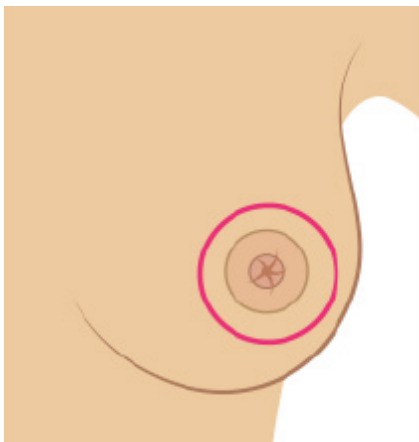


There is a lump or a swelling that feels different from the rest of your breast





There is liquid or blood coming from your nipple without squeezing it



Your nipple changes shape or how it looks



You have pain in your breast or armpit all the time.

Links to information about being breast aware and how to check

A film made by women for women with Learning Difficulties:

'DO the test, GO for it' <https://vimeo.com/364034846>

The Easy read information from Public Health England:

<https://www.gov.uk/government/publications/breast-screening-information-for-women-with-learning-disabilities>

Breast Aware - How and what to look for

Video by Breast Cancer Now:

<https://www.youtube.com/watch?v=JAHEEREQRk>

Information video about Breast Screening:

<https://vimeo.com/241078206> - English

<https://vimeo.com/544998126> - Urdu

<https://vimeo.com/574898498> - Polish

With thanks to Tracy, Vicky Donnelly from Waddiloves Health Centre and Julie and Sadie, Health Promotion Specialists Pennine Breast Imaging.



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