

## 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 by contacting your local Breast Screening Service in London:

### **Barking, Havering, Redbridge and Brentwood**

Victoria Centre, Pettits Lane, Romford, Essex, RM1 4HP

☎ 01708 504823/4/5

### **Central & East London**

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

☎ 020 7601 8305

### **North London**

Edgware Community Hospital, Deansbrook House, Deansbrook Road, Edgware, Middlesex, HA8 9DB

☎ 020 8951 4045

### **South East London**

King's College Hospital, Breast Screening Administration, 4th Floor, Hambledon Wing North, Denmark Hill, London, SE5 9RS

☎ 020 3299 1964

### **South West London**

St George's Hospital, The Duchess of Kent Unit, 205 Blackshaw Road, London, SW17 0BZ

☎ 020 8725 2723/4/5

### **West London**

Charing Cross Hospital, Fulham Palace Road, London, W6 8RF

☎ 0845 8116636

Further information on breast screening can also be obtained by visiting the cancer-screening website at: [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)

For support and information about breast health visit the Breast Cancer Care website at [www.breastcancercare.org.uk](http://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