

Easy Read

## About your breast test



V3: 11/25



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



[www.phw.nhs.wales/breast-screening](http://www.phw.nhs.wales/breast-screening)

Scan here



# How to use this leaflet



You may need help and support to read and understand this leaflet.

Ask someone you know to help you.

Public Health Wales manages the NHS **screening** programmes in Wales.

**Screening** means checking people for some types of cancer and other health problems.

Difficult words will be explained in a blue box.



This leaflet is also available in Welsh.



At the top of each page there is a different colour.

This is to help you find what you are looking for.

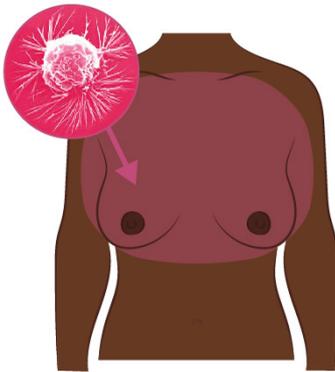
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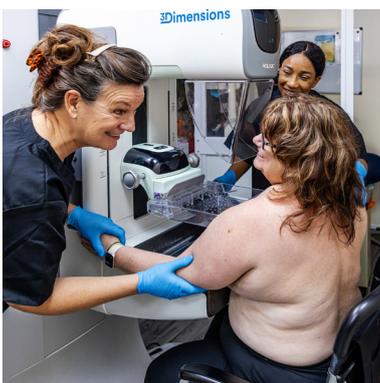
# What is this leaflet about?



This leaflet is about a health test for women.  
It tells you about going for your breast test.

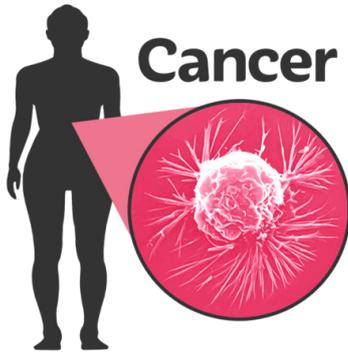


The test checks to see if you have breast cancer.



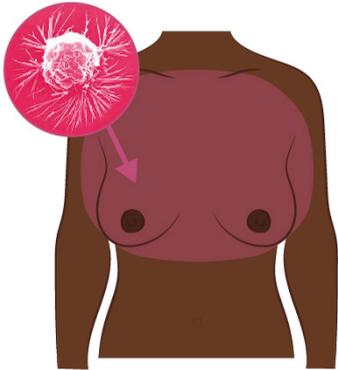
Going for your breast test could save your life.

# What is cancer?



Cancer is a very serious illness.

When a person has cancer, they will need to go to hospital.



You can get cancer in your breasts.



Women over the age of 50 are more likely to get breast cancer.

# More about what is cancer



You can feel ok and still have cancer.  
Breast tests can find breast cancer that you cannot see or feel.



If we find breast cancer early, it is easier to treat.



The best way of looking for breast cancer is to have a breast test.  
This is called breast screening.

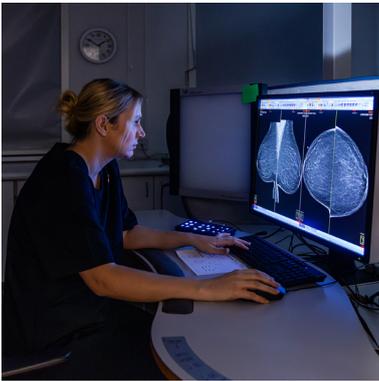
# About your breast test



A breast test is an X-ray of the breast.

The X-ray is called a **mammogram**.

A **mammogram** is a way to take a photograph of the inside of your breast.



The breast test looks for breast cancer that is too small to see or feel.



Going for a breast test is your choice.

# More about your breast test



Women aged 50 up to 70 will be sent a letter and leaflet from Breast Test Wales.

You may be aged between 49 and 52 years when you get your first letter.



Your letter will tell you when and where to go for your breast test.

A letter will be sent every 3 years.



Women 70 and over can ask to have a breast test.

# More about your breast test



You may have your test in a mobile clinic.

The mobile clinic looks like a large lorry.



You may have your test in a Breast Test Wales centre.



Let us know before your appointment if you:

- have a disability;
- need support, or
- cannot stand for your test.

You can ask for a longer appointment.



You can come with a family member, carer or support worker.

# More about your breast test



It is easier to wear a top with trousers or a skirt. This is because you will need to take off your top and bra.



A woman called a **mammographer** will take your test.

A **mammographer** is a person who can take the breast X-rays.



They will put your breast on the X-ray machine. The machine will press down on your breast. It may hurt a little. The pain should not last long.



Having the test only takes a few minutes. Tell the mammographer if you want to stop the test.

# About your breast test results



The X-rays are checked to see if the inside of your breasts are healthy.



You will be sent a result letter in the post 3 weeks after your test.



Most results will show no sign of cancer.



If your result shows no sign of cancer, you will be invited for a breast test in 3 years.

# More about your breast test results



Some women will be invited for more tests.

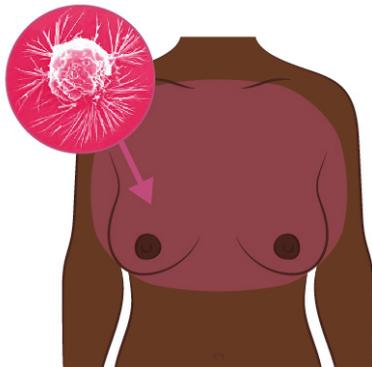


If you are asked to come back for more tests, it does not mean you have breast cancer.



You will have the tests at your local Breast Test Wales Centre.

# More about your breast test results



Some people will have breast cancer.

A doctor will talk to you about the **treatment** you can have.

**Treatment** is the medical care you have for an illness.



A nurse will support you.



Finding cancer early gives you the best chance of getting better.

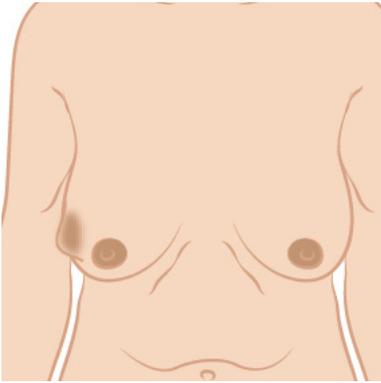


Talk to your doctor if you see or feel a change in your breasts.

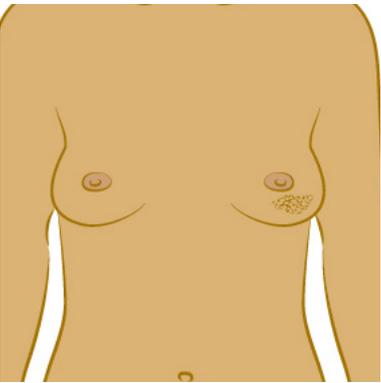
It is important even if you have had screening.



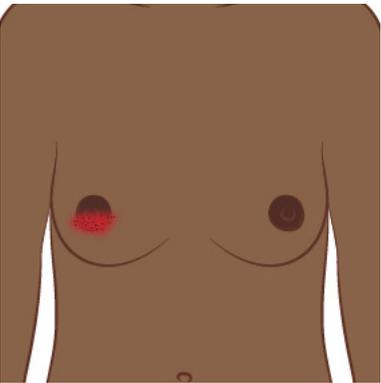
# Changes to look out for



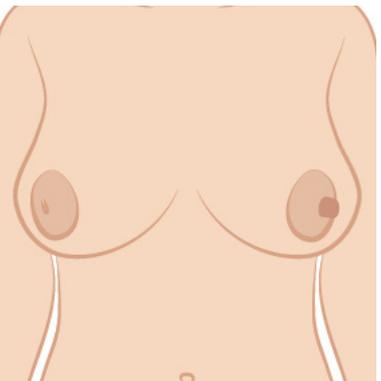
A lump or area that feels thicker than the rest of the breast.



A change to the skin.

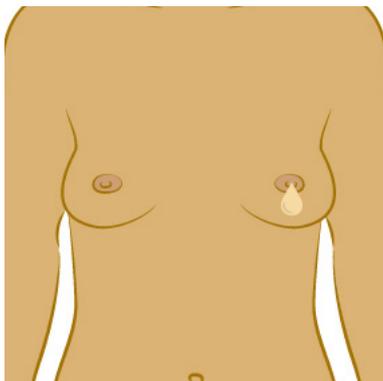


Redness or a rash on the skin or around the nipple.

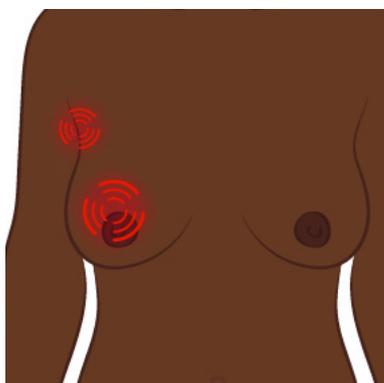


A change to the nipple. It may become pulled in or changed position or shape.

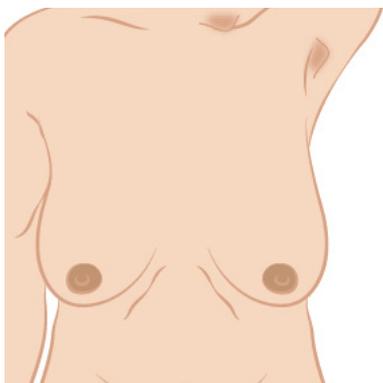
# More about changes to look out for



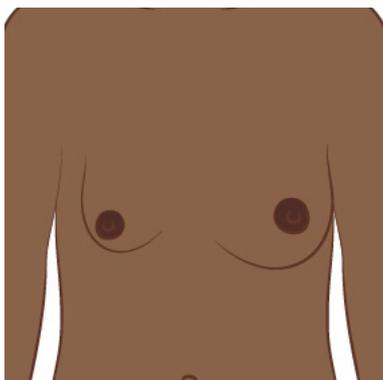
Liquid that comes from the nipple without squeezing.



Pain in your breast or your armpit that is there most of the time.



A swelling in your armpit or around your collarbone.



A change in size and shape of the breast.

# Where can I get more information?



You can phone or email us:

## South East Wales:

Phone: [029 2039 7222](tel:02920397222)

Email: [south-breast-screening@wales.nhs.uk](mailto:south-breast-screening@wales.nhs.uk)

## West Wales

Phone: [01792 459988](tel:01792459988)

Email: [west-breast-screening@wales.nhs.uk](mailto:west-breast-screening@wales.nhs.uk)



## North Wales

Phone: [01492 860888](tel:01492860888)

Email: [north-breast-screening@wales.nhs.uk](mailto:north-breast-screening@wales.nhs.uk)



You can contact us in Welsh or English. It will take us the same amount of time to answer you whichever language you choose.



You can visit our website:

[www.phw.nhs.wales/breast-screening](http://www.phw.nhs.wales/breast-screening)

**BREAST  
CANCER  
NOW** The research &  
support charity

For more information and support about breast cancer visit:

[www.breastcancer.org](http://www.breastcancer.org)

# Keeping healthy



Stop smoking. You can get free help to support you to stop smoking.

Ring Help Me Quit on: [0800 085 2219](tel:08000852219)



Eat healthy food.



Move more.



Drink less alcohol.



You can visit our Keeping Healthy page:  
[www.phw.wales.nhs/screening-keeping-healthy](http://www.phw.wales.nhs/screening-keeping-healthy)