Breast screening could save your life

“I always go to my screening, my husband never lets me miss my appointment.”

At your appointment, you will have an X-ray (called a mammogram) of each breast. It can help to find cancer early when it is more treatable. It doesn’t matter if you have no symptoms. When you get your appointment letter, go for it!

An appointment is waiting for you. Book yours.

Scan the QR code to find out more about breast screening, or visit NHSScreening-breast.co.uk.

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NHS

You will always see a female practitioner!

“We’ve been to our breast screening appointment.”

Are you aged 50-70? Every 3 years, you will be invited by post to a breast cancer screening* appointment.

*You need to be registered with your GP to be invited for a screening.

A step by step guide to your screening:

1 If you're eligible, you'll be sent a letter in the post.

2 During your breast screening, you'll need to undress from your waist up in a private changing room.

3 You'll be called to the X-ray room and have 4 breast X-rays, 2 for each breast.

4 Return to the changing room to get dressed. The whole appointment should take about **30 minutes**.

5 **You will usually get your results within 2 weeks in the post.**

Sarah, BD16

"Breast screening saved my life"

I decided to go for breast screening because it's there, it's free, and it only takes minutes. The staff were so kind and made me feel completely comfortable. I had no idea anything was wrong, but screening found my cancer early, and that made treatment simple and successful. My message is simple: don't put it off. **Breast screening saves lives, it saved mine.**

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