

An Easy Guide to Breast Screening



A leaflet by and for women with learning disabilities



Breast screening is a way of checking for breast cancer.

If you are aged between 50 and 70, you will be sent a letter about breast screening.



If you need any extra help, or you are in a wheelchair, then you should arrange a special appointment with the breast screening unit.

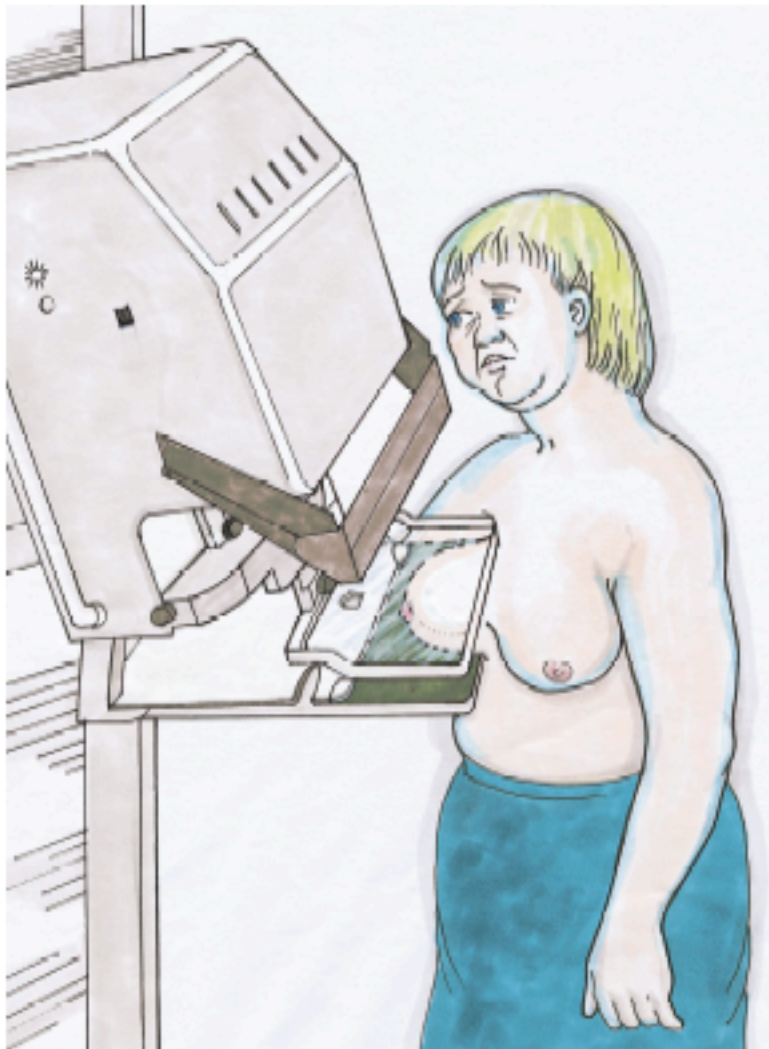
You can decide if you want to go for breast screening.



There is a picture book that explains more about breast screening. The breast screening unit has a copy.

Breast screening means having an x-ray called a mammogram.





The x-ray machine is uncomfortable or painful for some women. You will have to keep very still while the x-ray is taken but it is only for a few seconds.

You will be sent a letter about the results of your x-rays. You don't have to come again for three years if your x-rays are OK.



If something unusual is found on your x-rays, you will be asked to go back to the breast screening unit for some further checks.



You can ask someone to tell you more about breast screening.

The pictures and words in this leaflet have been chosen with the help of women with learning difficulties.

More copies of the leaflet can be ordered via the DH Publications Orderline Phone 08701 555455, Email dh@prolog.uk.com.

A picture book called **Looking After My Breasts** gives more information about breast screening. Breast screening units have a copy of this book.

Further copies can be ordered from: *Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG. Phone: 020 7235 2351, ext.146.*

Price £10 including p&p.