

# EAST LANCASHIRE BREAST SCREENING

## Can help save lives by detecting cancer early

Breast Screening

Issue 3 Spring/Summer 2021



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## Welcome to the East Lancashire Breast Screening Newsletter

Our newsletter aims to raise awareness of breast screening and its importance in helping to detect breast cancer early. We hope this newsletter will provide eligible women up-to-date information about breast screening and help them to make an informed decision to attend their appointment. We also recognise the crucial role GP colleagues can play in encouraging their patients to attend their appointments and hope this newsletter will provide both patients and GP Practices information about new developments in Breast Screening across East Lancashire.



Your local NHS Breast Screening service is **FAST**,  
**FREE** and can diagnose breast cancer **EARLY**

# What is Breast Screening?

## The Breast Screening Test

The NHS offers screening to save lives from breast cancer

Screening does this by finding breast cancers at an early stage when they are too small to see or feel

Screening does not prevent you from getting cancer but by detecting it early, treatment is more successful

- ◆ All women aged from 50 up to 71 years are invited for breast screening every 3 years
- ◆ Breast screening uses an X-ray test called a mammogram to check the breast for signs of breast cancer
- ◆ Mammograms can be uncomfortable for some women but the discomfort passes quickly

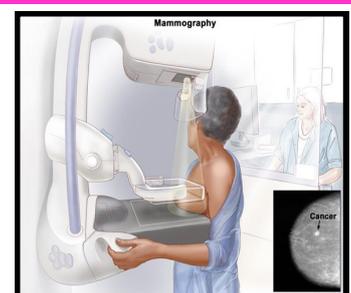
### Results

- ◆ Out of 100 women, approximately 96 will get a normal result
- ◆ Letters detailing the breast screening results are sent within 2 weeks of your appointment

### Why is breast screening important?

1 in 7 women in the UK will be diagnosed with breast cancer at some point during their lives. Breast cancer is now the most common cause of cancer in women in this country, with over 46,000 new cases being diagnosed every year.

Breast screening helps identify breast cancers when they are still small and difficult to feel. This allows for early diagnosis and in many cases, successful treatment.



# Breast Screening & Covid-19...positive news at last!

When our previous newsletter was published in Autumn 2020, the race was still on around the world to develop an effective Covid 19 vaccine. Vaccines have now been approved by the UK government's medicines regulatory body (MHRA); and mass vaccinations are now taking place, helping to protect people against the virus. This positive news is something we have all been waiting for after the challenges faced due to lockdown restrictions. The return of a relatively 'normal' life has been suggested by the government by June 2021.

Whether restrictions are eased by then or not, the East Lancashire Breast Screening Service will continue to invite all eligible women for an appointment. Appointments will also continue to take place with infection control and social distancing procedures in place for the safety of both patients and staff members. If you receive an invite letter for breast screening and are anxious about attending, please do get in touch with us. We will be more than happy to help you.

## Mobile Breast Screening van and location of appointments

### We have some great news!

The Mobile Breast Screening van will relocate from Burnley General Hospital to the Royal Blackburn Hospital from 20th April 2021. Eligible women registered with certain GP Practices from Blackburn will be invited soon.

Appointments will also continue to take place in the main Edith Watson Unit at Burnley General Hospital. Please note: screening is by invitation only.



Mobile Van

### How to book your appointment:

**Call the Breast Screening Office:** 01282 805301

**Book online:** [www.elht.nhs.uk/services/breast-imaging-screening-service](http://www.elht.nhs.uk/services/breast-imaging-screening-service)

## How are women invited for their breast screening appointment?



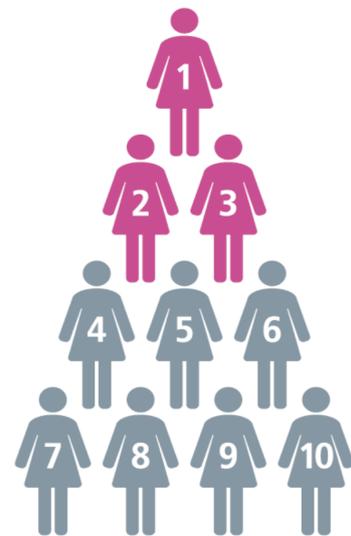
Eligible women no longer receive pre-arranged appointments



A letter is sent to women informing them that they are due for breast screening



If you receive an invite letter for breast screening, you will need to book an appointment. See how to book below...



**3 in 10** women living in Lancashire don't attend their **FREE** Breast Screening appointment

## How do I book an appointment?

Many of us lead very busy lives. We understand that making time to book an appointment for your breast screening can be a challenge. So we have now developed an easy online appointment booking form where you can choose your preferred day and time or can request a change to a pre-existing appointment anytime of the day. If this is your preferred option, it's simple; use the website link below

**[www.elht.nhs.uk/services/breast-imaging-screening-service](http://www.elht.nhs.uk/services/breast-imaging-screening-service)**

Follow the instructions to download and complete the online appointment form and then submit your request. An e-mail will be sent to you confirming receipt of your request followed by details of your appointment.

Alternatively, you can call the East Lancashire Breast Screening Office on:

**01282 805301**

# Breast screening self-referral for women over 71 Years Old

Women over **71 years** are not routinely invited for breast screening. However, you can still self-refer and request a mammogram (breast X-ray) if you have not been screened for at least 3 years.

If you would like an appointment, simply contact the East Lancashire Breast Screening office to book an appointment on **01282 805301**.

## Please remain 'breast aware'!

Be breast aware and check your breasts regularly. If you notice any changes or experience any signs or symptoms, you should contact your GP. If you are eligible for breast screening and notice any changes in-between your breast screening appointment, please do not wait for your next invite letter. Contact your GP and discuss your symptoms as soon as possible.

**WHAT BREAST CANCER CAN LOOK & FEEL LIKE**  
Recognize something? Don't panic, some changes are normal. But if it stays around be smart—show a doctor.

feeling a thick mass    indentation    skin erosion    redness or heat    unexpected fluid    dimpling

bump    hidden lump

growing vein    retracted nipple    new shape/size    orange peel skin

"A cancerous lump usually feels hard and immovable like a lemon seed. It can be any shape or size."

Want information on each symptom?    [knowyourlemons.com](http://knowyourlemons.com)

worldwide breast cancer    Designed by charity WorldwideBreastCancer.org, USA. Do not alter, crop or add to this image without written permission.    @knowyourlemons    @knowyourlemons

# BREAST SCREENING

Thank you for reading our newsletter

We are more than happy to send you breast screening and breast cancer promotional material to display in your areas of work. We are also welcoming any articles and photos that you may wish to be included in the next East Lancashire Breast Screening newsletter. Please contact:

**Sanam Taj (Patient Navigator/Health Promotion Officer)**

**01282 804538/Sanam.Taj@elht.nhs.uk**



## BREAST SCREENING

Your Local **NHS** Breast Screening Service is **Fast, Free** and can diagnose breast cancer **Early**



**East Lancashire is your Local  
Breast Screening Service**

☎ 01282 805301

✉ [breastscreening.elht@nhs.net](mailto:breastscreening.elht@nhs.net)

🐦 [#bescreened](https://twitter.com/bescreened)

🌐 [www.elht.nhs.uk/services/breast-imaging-screening-service](http://www.elht.nhs.uk/services/breast-imaging-screening-service)