

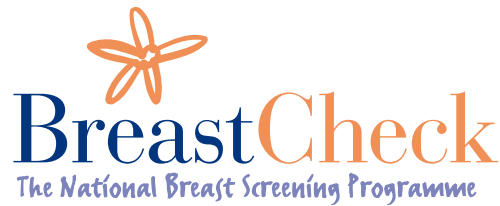
It's good to talk

BreastCheck is available for all women aged 50 to 64. If you have any concerns, you could find it helpful to talk about BreastCheck with your family and friends – particularly someone who has already used the service. You can also phone us free of charge at **1800 45 45 55** and we will answer any questions you have.

Other help available

Breast cancer can develop at any stage so you should be breast aware. If you notice any changes in your breasts, go to your family doctor (GP) immediately. They can check your breasts and send you to a Specialist Breast Unit for a mammogram if you need one.

For more breast health information, to speak to a specialist nurse, or for a free breast awareness pack call Action Breast Cancer, a programme of the Irish Cancer Society, on Freephone 1800 30 90 40.



More information

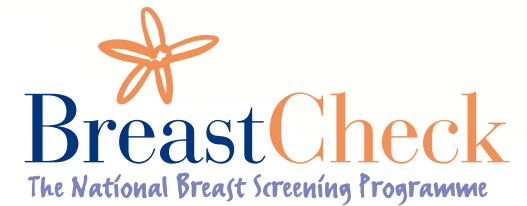
For more information, to register or to check if you are on the register, visit www.breastcheck.ie or Freephone **1800 45 45 55**.

BreastCheck

The National Breast Screening Programme
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Dublin 1

Tel: 01-865 9300
Fax: 01-865 9333
Email: info@breastcheck.ie
Website: www.breastcheck.ie

BreastCheck is a Government funded programme and part of the National Cancer Screening Service.



About breast screening

It's quick, it's easy and it's free.

Free breast screening service for women aged 50-64



It's quick, it's easy and it's free.



Freephone 1800 45 45 55

What is breast screening?

Breast screening means taking an x-ray of your breasts, (known as a mammogram) to look for breast cancer.

A cancer can occur at any time and between screenings. Although there are a small number of cancers not found by a mammogram, by going for regular screening it means that if there are any changes they will be found as early as possible. At this stage, breast cancer is easier to treat and you have a high chance of a good recovery.

What is BreastCheck?

BreastCheck - The National Breast Screening Programme, is a free health service funded by the Government to offer women aged 50 to 64 a mammogram every two years.

Are you on the BreastCheck register?

BreastCheck compiles a register (list) of women eligible for screening from details supplied by the Department of Social and Family Affairs, General Medical Services (GMS) and health insurance providers.

BreastCheck keeps your details and health records safe and confidential.

BreastCheck encourages women to ensure they are on the register by contacting BreastCheck on Freephone **1800 45 45 55** or checking online at **www.breastcheck.ie**

What is a mammogram?

When you have a mammogram, a special x-ray machine is used to take a picture of your breasts. It may feel slightly uncomfortable - like getting your blood pressure checked. The dose of radiation used is very small and is within recommended limits.

Your BreastCheck appointment

- Your appointment will take place at a BreastCheck screening unit or mobile unit
- All BreastCheck screening units are fully accessible to people with disabilities. Please let us know in advance if you have any special needs
- Your visit will take about half an hour
- If you do not want to take part in BreastCheck, please write to us and we will not contact you again.

We will post the results to you within three weeks.

We will also send a copy of your results to your family doctor (GP).

Facts about breast cancer

- It is one of the most common cancers among women in Ireland. About one in 12 women will develop breast cancer in their lifetime
- It is more common in women aged 50 and over
- If it is found early, treatment is likely to be less extensive and more successful.

What puts you at risk of breast cancer?

- Being a woman (men can get breast cancer but it is rare)
- Getting older
- Having a history of breast cancer in your family
- Using Hormone Replacement Therapy (HRT) long-term
- Young age at first period and a late menopause
- Your lifestyle (drinking too much alcohol, being overweight after menopause, not exercising enough).

Be breast aware

- Know what is normal for your body
- Know what changes to look for.

Changes you should look and feel for:

- Any lumps or thickening in your breast
- Skin - dimpling, puckering, or redness
- Nipple - pulled-in or flattened
- Around the nipple - rash, flaky or crusted skin
- A change in the size or shape of your breast
- Swelling in your armpit or around your collarbone
- Constant pain in one part of your breast or armpit.

Important: Screening is for women without symptoms. If you have any concerns or any of the above symptoms please visit your family doctor (GP) immediately, even if you have had a recent mammogram.



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