

Be breast aware

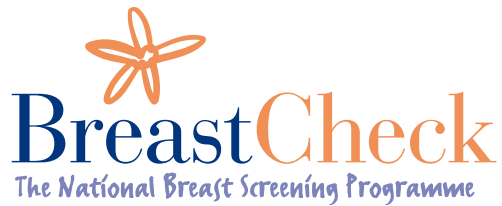
- Know what is normal for your body
- Know what changes you should look for.

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 please visit your family doctor (GP) immediately, even if you have had a recent mammogram.

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



BreastCheck contact details

Central Office

King's Inns House - 200 Parnell Street - Dublin 1

Tel: 01-865 9300

Freephone: 1800 45 45 55

Email: info@breastcheck.ie

Eccles Unit - 36 Eccles Street - Dublin 7

Tel: 01-882 6200

Email: eccles@breastcheck.ie

Merrion Unit - Merrion Road - Dublin 4

Tel: 01-223 5800

Email: merrion@breastcheck.ie

Southern Unit - Infirmary Road, Cork

Tel: 021-464 9700

Email: southern@breastcheck.ie

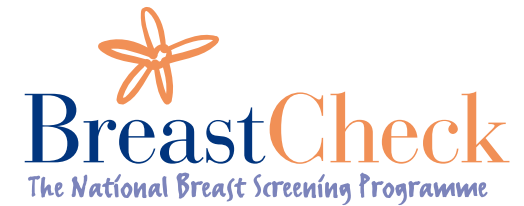
Western Unit - Newcastle Road, Galway

Tel: 091-580 600

Email: western@breastcheck.ie

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**.



About your BreastCheck appointment

Freephone 1800 45 45 55
www.breastcheck.ie

Free breast screening service
for women aged 50-64

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

About 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.

You are encouraged to attend each BreastCheck appointment, which will be approximately every two years until you reach 65 years of age.

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 found early, treatment is likely to be less extensive and more successful.

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.

What happens at a BreastCheck appointment?

Your appointment takes about half an hour. You will be asked a few questions about your health and be asked to undress from the waist up. Cubicles are provided for your privacy in all screening units.

BreastCheck uses state of the art equipment to make sure a high quality image of your breasts is taken.

Each breast is placed between two plates and pressure is applied to get the best possible mammogram image.

All BreastCheck screening units are fully accessible to people with disabilities. Please let us know in advance if you have any special needs.

Helpful hints

- Wear a top with a skirt or trousers – it makes it easier to undress
- If you use deodorant, please use sparingly.

When will I know my results?

We will post your results to you within three weeks. Your family doctor (GP) will also be sent a copy of the results.

What if I am called back?

Please don't worry. About one in 20 women who receive a BreastCheck mammogram is called back for more tests. Most women are given normal results following the tests.

How often should I be screened?

You will be invited to come back for screening about every two years until you reach 65 years of age.

A cancer can occur at any time and between screenings.

Although there are a small number of cancers not detected by mammography, by going for regular screening it means that if there are 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.

Even when you have been screened, you should be breast aware and check your breasts regularly for any changes.



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