

- Breast screening helps find breast cancers at an early stage.
- Not all breast cancers can be found by a mammogram.
- Some non-invasive cancers (known as DCIS) will be found by screening. For a factsheet on DCIS and the benefits and limits of breast screening, see www.breastcheck.ie or Freephone 1800 45 45 55.
- About 99% of women who have a BreastCheck mammogram get a normal result.

Keeping your details safe

Under the Data Protection Act, BreastCheck keeps your details and health records safe and confidential at all times. We might need to share your health records if it is necessary to support your care and treatment. BreastCheck shares your mammogram results with your GP (family doctor).

Be breast aware

- No matter what age you are, it is important to always be breast aware.
- Know what is normal for your body.
 - Know what changes to look for.

What changes should I look and feel for?

- Any lumps or thickening in your breast
- Dimpling, puckering or redness of the skin
- A nipple that appears to be pulled-in or flattened
- A rash or flaky or crusted skin around the nipple
- 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: There are many reasons for changes in your breast. Most of them are harmless, but you should get any change checked. If you have any concerns or notice any changes, please visit your GP (family doctor) immediately, even if you have had a recent mammogram.

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



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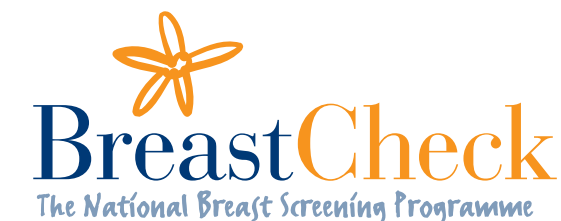
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More information

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

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

Free breast screening service
for women aged 50-64

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www.breastcheck.ie

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.

You should attend each BreastCheck appointment. These will take place about every two years until you reach age 65.

What is breast cancer?

Breast cancer occurs when normal breast cells begin to divide and grow in an abnormal way.

Breast screening can show breast cancers at an early stage, when they are too small for you or your doctor to see or feel.

Cancer can occur at any time and between screening mammograms. A small number of cancers cannot be found by a mammogram, but if you go for regular screening, any changes will be found as early as possible. At this stage, breast cancer is easier to treat and you have a higher chance of a good recovery.

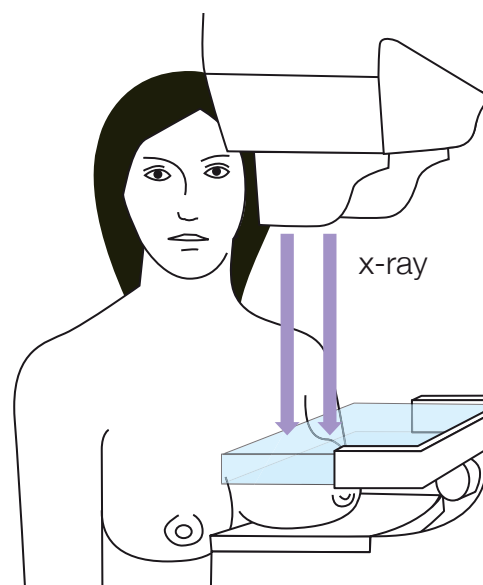
Facts about breast cancer

- Breast cancer is one of the most common cancers among women in Ireland. About one in 12 women will get breast cancer in their lifetime.
- Women of any age can get breast cancer, but the risk increases as you get older.

- Research shows that women aged 50 and over are at a higher risk of getting breast cancer.
- BreastCheck screens women aged 50 to 64, but women under age 50 and over age 65 are still at risk of getting breast cancer.
- If breast cancer is found early, it is likely to be easier to treat.

What is a mammogram?

When you have a mammogram, a special x-ray machine is used to take a picture of your breasts. One at a time, your breasts are pressed between two special plates to take the x-ray. Pressure has to be applied to make sure that



the mammogram is of a high quality. The dose of radiation used in the mammogram is very small and is within recommended limits, so the risk to your health is very low.

What happens at a BreastCheck appointment?

Your appointment takes about 30 minutes in total. When you arrive, feel free to ask any questions you have about your mammogram. You will be asked a few questions about your health and then asked to undress from the waist up. All screening units will give you privacy to undress.

Before you have your mammogram we will ask you to sign a consent form to allow BreastCheck to take your mammogram and to share your health records if necessary to support your care and treatment.



BreastCheck uses specialised equipment and specially trained radiographers to make sure we take a high quality image of your breasts.

You might need a longer screening appointment if you have breast implants, if you are deaf or blind or if you have mobility issues or an intellectual disability. Please let us know in advance if you might need extra time for your appointment. All BreastCheck screening units are accessible to people with disabilities.

Does a mammogram hurt?

A mammogram takes a few minutes and pressure is applied for a few seconds on each breast. There is no evidence that this pressure harms your breasts. Some women might find this uncomfortable or painful but normally just for the short time their breasts are being pressed.

Helpful hints

- Wear a top with a skirt or trousers – it makes it easier to undress.
- If you use deodorant or talcum powder, please only use a little on the day of your mammogram.

When will I know my results?

We will post your results to you within three weeks. We will also send your

GP (family doctor) a copy of the results.

What if I am called back?

About one in 20 women who have a BreastCheck mammogram is called back for more tests. This does not always mean that something is wrong. Most women are given normal results after their tests.

How often should I be screened?

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

A cancer can happen at any time and between mammograms.

A small number of cancers are not found by a mammogram, but if you go for regular screening any changes will be found as early as possible. At this stage, breast cancer is easier to treat and you have a higher chance of a good recovery.

Even when you have been screened, you should stay breast aware and look at and feel your breasts regularly for any changes.

Facts about breast screening

- Screening is for women without symptoms.