



# Breast Screening – Its time to take care of yourself.

South West London Breast Screening Service



**1 in 7 women will develop  
breast cancer in their lifetime**



## Why do we screen?

Mammograms can see tiny changes in the breast before they can be felt.

This means treatment is often simpler and more successful

Its quick – about 10 minutes

Mammograms are the best available test for breast cancer.

NHS Breast Screening is always free

Breast Screening Mammograms are always taken by a woman

Breast screening mammograms are offered to all women aged 50-71 every 3 years. 80% of breast cancers are found in women over 50.



Women over 71 can request a mammogram every 3 years by ringing the HUB **020 3758 2024**.

If you have a health condition, a disability, or a physical issue which you think may make having a mammogram difficult, contact the breast screening hub.

The breast screening service is always happy to discuss this with you and make reasonable adjustments on your behalf to facilitate your mammogram.



Image by freepic

# SW London Screening sites

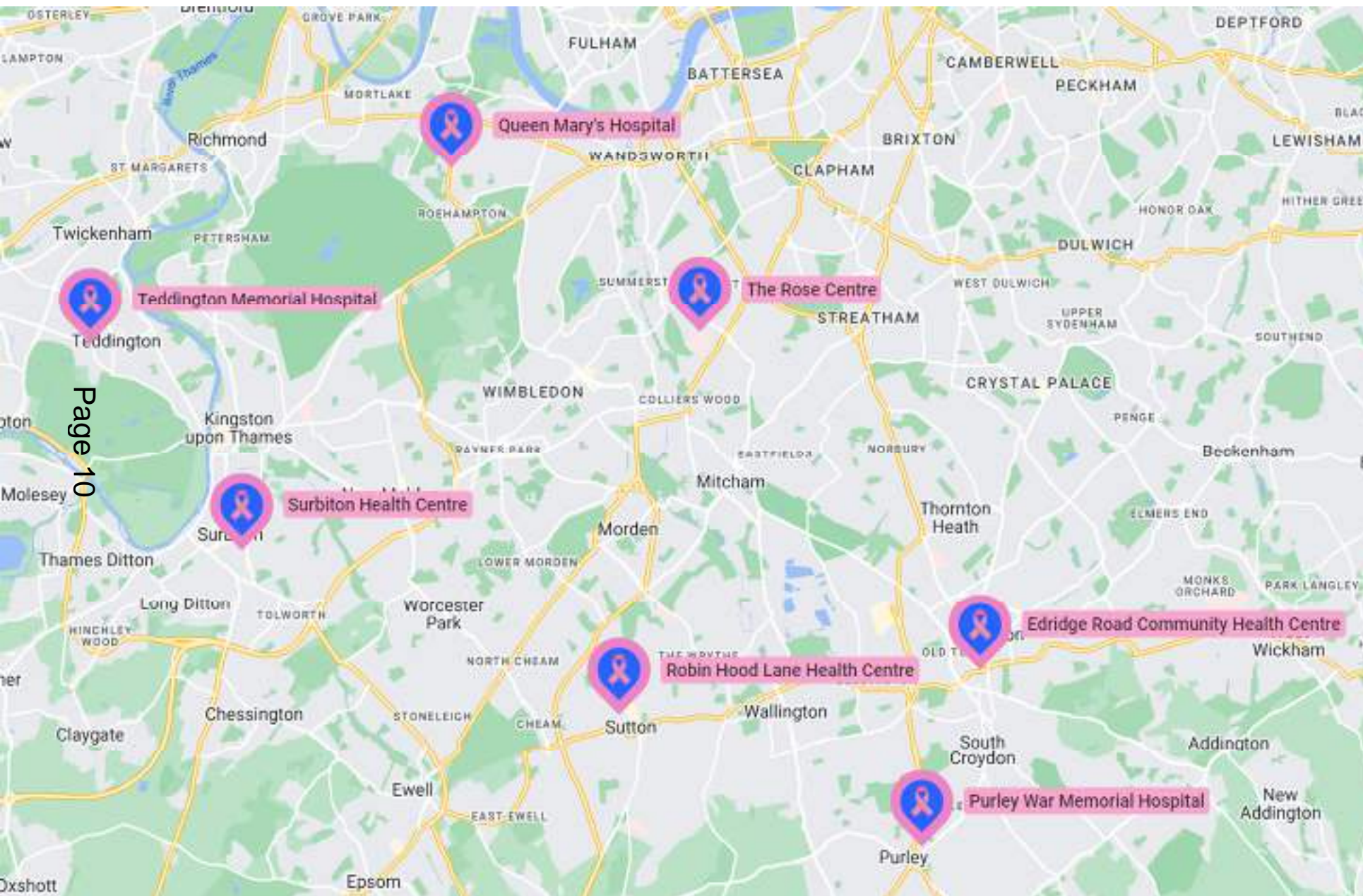




Image by master1305 on Freepik

You will find an insert in the invitation letter with a QR Code which will take you to a page of the London Breast screening Website – where we have translations of the invitation letter in the 20 most commonly spoken languages in Southwest London

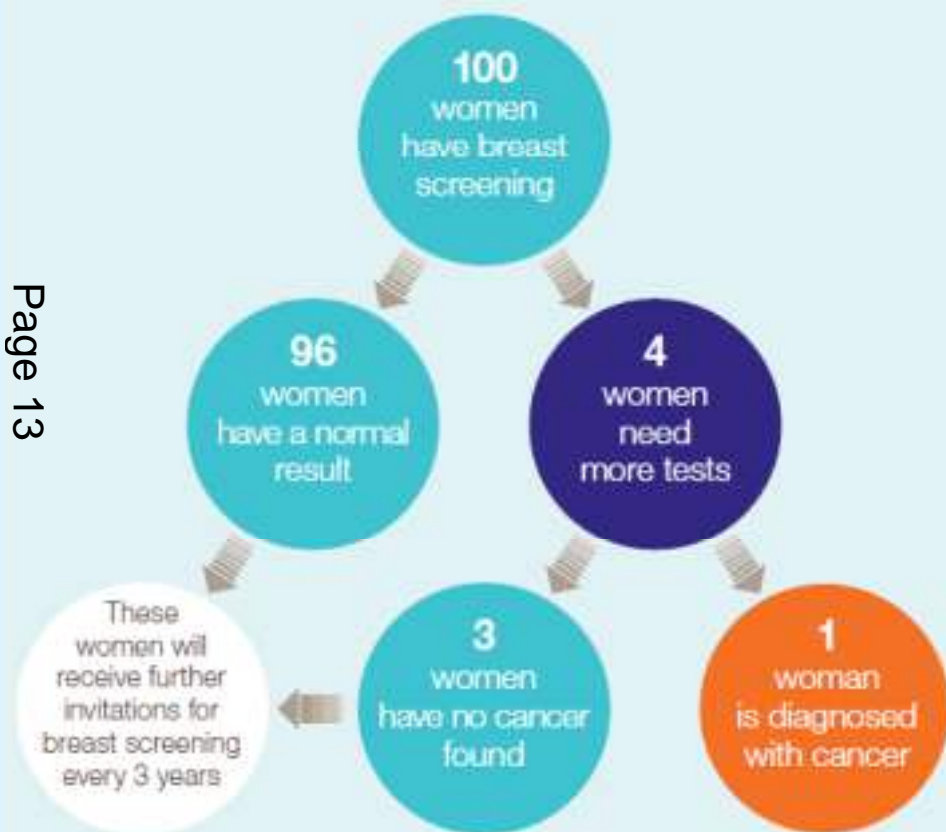


If you are invited for breast screening you can change the time date and place that screening takes place to suit you



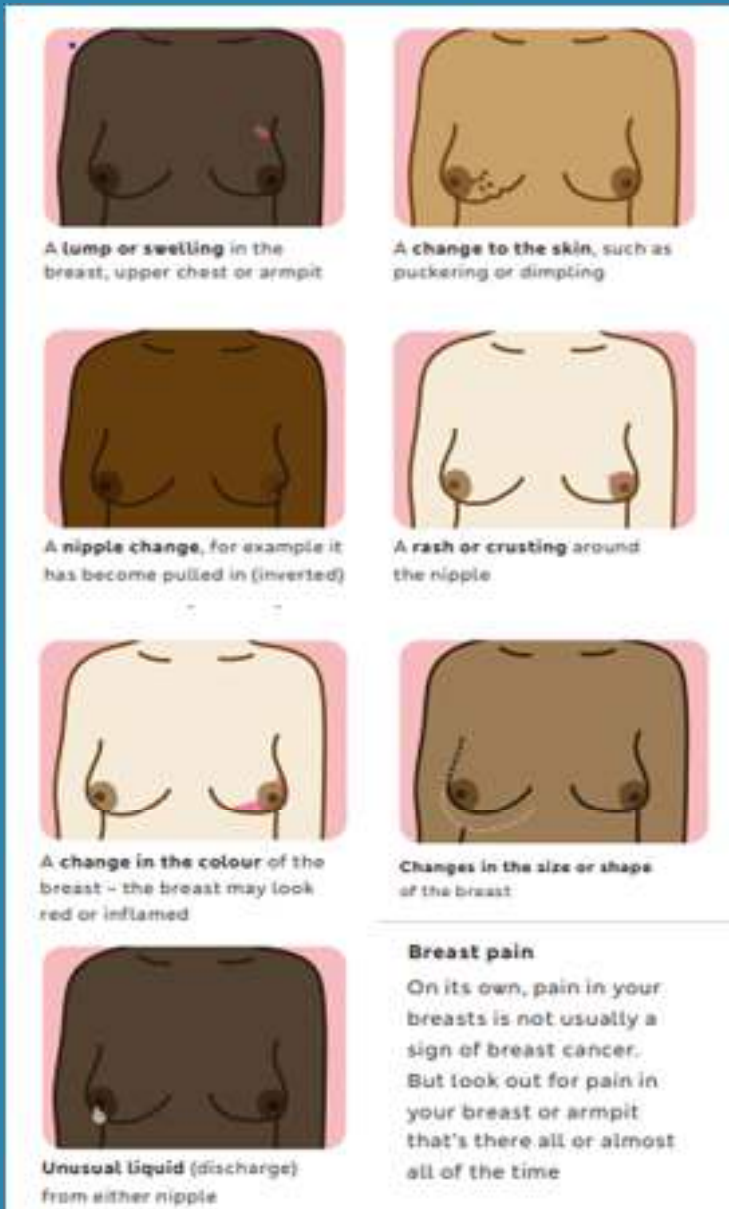
What happens to 100 women  
**each time** they have breast screening

Page 13



## The Breast Screening Pathway





## Be BREAST AWARE

Be aware of your breasts.

Know what is normal for you.

Be aware of changes.

Look and feel your breasts.

If you have a change in your breast which is not normal for you, do not wait for your breast screening mammogram. Make an appointment with your GP who can refer you to a breast clinic.

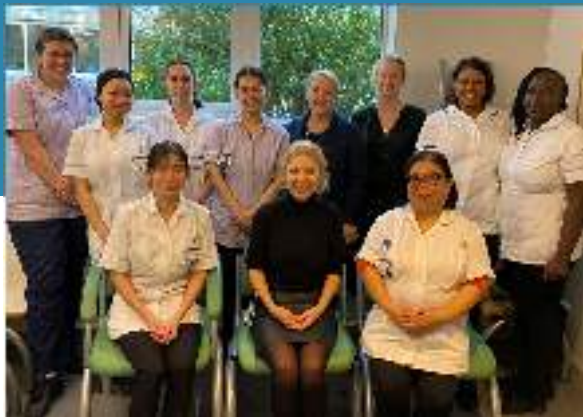
See links for more information

<https://breastcancer.org>

<https://coppafeel.org>



To check when your mammogram is due or to make a breast screening appointment, or if you think you have missed an appointment call 020 3758 2024





## Health Promotion Team in South West London Breast Screening

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