

Breast tests for people at a higher risk of breast cancer



V1: 06/26



GIG
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Public Health
Wales



www.phw.nhs.wales/breast-screening

Scan here



How to use this leaflet



You may need help and support to read and understand this leaflet.

Ask someone you know to help you.

Public Health Wales manages the NHS **screening** programmes in Wales.

Screening means checking people for some types of cancer and other health problems.

Difficult words will be explained in a blue box.



This leaflet is also available in Welsh.



At the top of each page there is a different colour.

This is to help you find what you are looking for.

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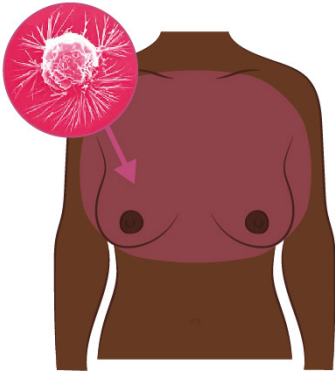
What is this leaflet about?



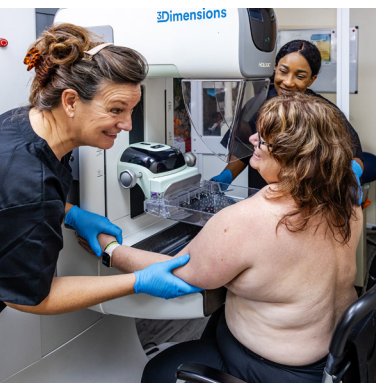
This leaflet tells you about your breast tests.

The tests are for people with a **higher risk** of breast cancer.

Higher risk means some people have more chance of getting breast cancer.

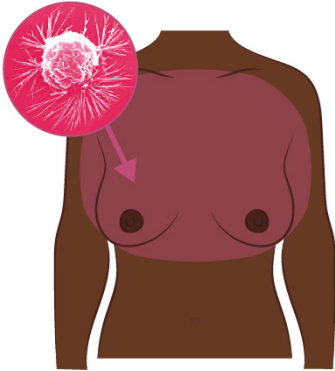


The tests check to see if you have breast cancer.



Going for your breast tests could save your life.

What is breast cancer?



Breast cancer is a serious illness.

When a person has breast cancer, they need to go to hospital.



Most people who get breast cancer will get better.

If we find breast cancer early, it is easier to treat you.



You can feel well and still have breast cancer.

Breast tests can find breast cancer that you cannot see or feel.



The best way of finding breast cancer is to have breast tests.

This is called breast screening.

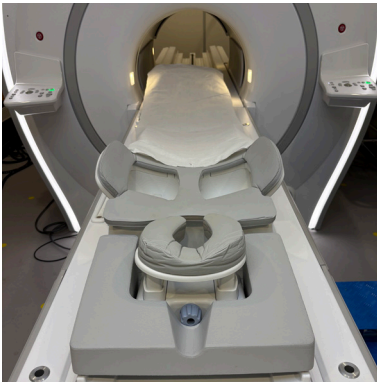
About your breast tests

There are two kinds of breast tests:



One test is an X-ray of the breast, called a **mammogram**.

A **mammogram** is a way to take a photograph of the inside of your breast.



The other test is a scan of the breast, called an **MRI**.

Magnetic Resonance Imaging known as **MRI** takes pictures of the inside of your body.



You may:

- only need a breast X-ray;
- only need an MRI; or
- need both tests.

About your breast X-ray



A woman called a **mammographer** will take your test.

A **mammographer** is a person who can take the breast X-rays.



They will put your breast on the X-ray machine.

The machine will press down on your breast. It may hurt a little.

The pain should not last long.



Having the test only takes a few minutes.

Tell the mammographer if you want to stop the test.



Your letter will tell you where to go for your breast X-ray.

About your breast MRI scan



A person called a **Radiographer** will take your test.

A **Radiographer** is a person who can take breast MRI scans.



The scan takes pictures of the inside of your body.

The scan does not hurt.



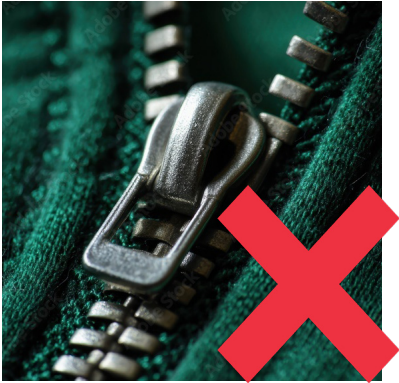
You will be asked questions before the scan.
Ask if you have any questions or need support.



You will have your scan in a hospital.

You will be told when and where to go for your scan.

More about your MRI scan



Wear clothes that do not have any metal on them.

You will need to take out any metal body piercings.



You will need an injection in your arm before your scan.

This will make the pictures easier to see.



The MRI is noisy. You will be offered ear plugs to help with this.



You will need to lie face down on a bed and keep still.

The bed moves slowly into the scanner.

The scan will take about 30 minutes.

More about your breast tests

Tell the person taking your test if:



You have had a breast test within the last 12 months.



You have implants or fillers in your breasts.



You are pregnant or breast feeding.

When you are 50



From the age of 50 your breast tests may change.

You will be sent a letter for the tests that you need.



Some people will have a breast X-ray:

- every 3 years; or
- every year.



Some people will have a breast X-ray and MRI every year.

When you are 70

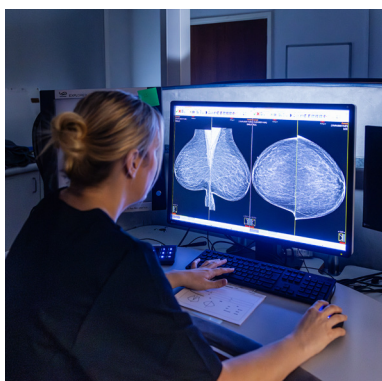


From the age of 70 you can ask for a breast X-ray.

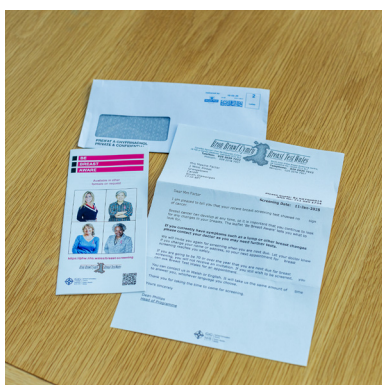


Contact [Breast Test Wales](#) to make an appointment.

About your breast test results



Your X-rays and scans are checked to see if the inside of your breasts are healthy.



You will be sent a result letter in the post.



Most results will show no sign of cancer.

It will be at least 12 months until you need another test.

More about your breast test results



Some people will be asked to come back for more tests.



If you are asked to come back for more tests, it does not mean you have breast cancer.

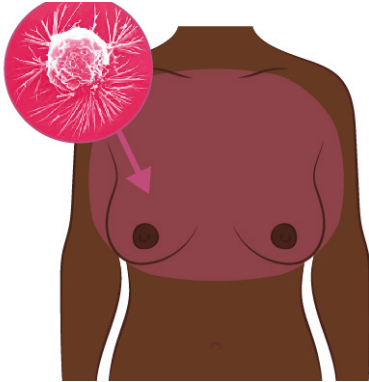


You will have the tests at a Breast Test Wales Centre.



Your letter will tell you when and where to go.

More about your breast test results



Some people will have breast cancer.

A doctor will talk to you about the **treatment** you can have.

Treatment is the medical care you can have for an illness.



A breast care nurse will give you the support you need.



Finding breast cancer early gives you the best chance of getting better.



Talk to your doctor if you see or feel a change in your breasts.

This is important even if you have had breast tests.



Is breast screening right for you?



Having breast tests is your choice.

Is breast screening right for you?

Ask a member of staff to help you understand this information.

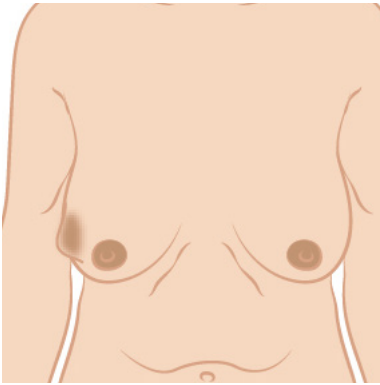
Having a breast test is your choice.

Our leaflet [‘Is breast screening right for you?’](#) will help you decide.

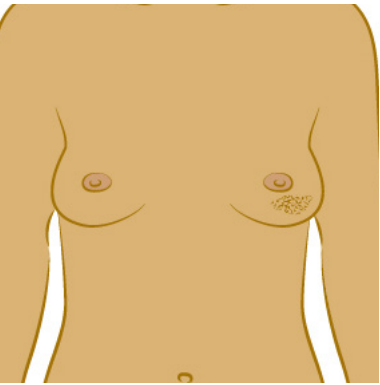


[Contact](#) Breast Test Wales if you do not want to have breast screening.

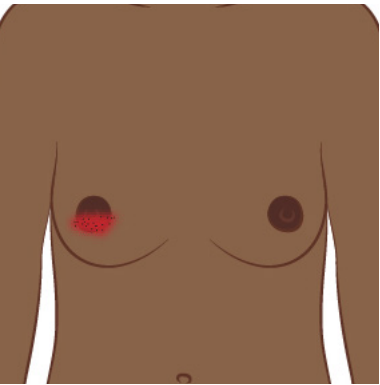
Changes to look out for



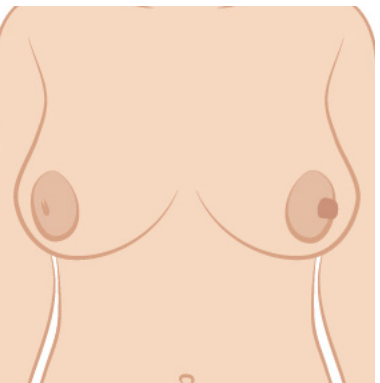
A lump or area that feels thicker than the rest of the breast.



A change to the skin.

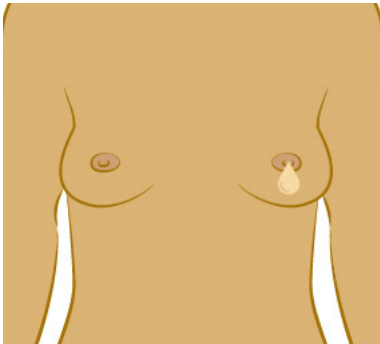


Redness or a rash on the skin or around the nipple.

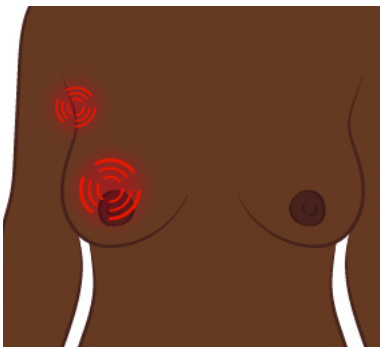


A change to the nipple. It may become pulled in or change position or shape.

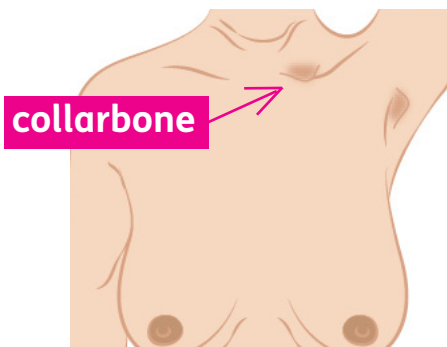
More about changes to look out for



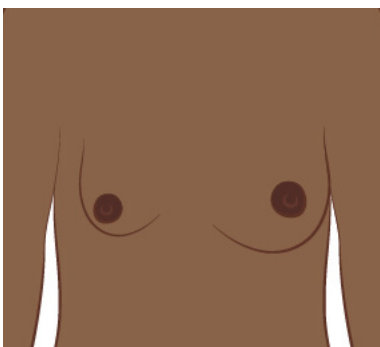
Liquid that comes from the nipple without squeezing.



Pain in your breast or your armpit that does not go away.



A swelling in your armpit or around your collarbone.



A change in size and shape of the breast.



Tell your doctor if you notice any of these changes, even if you have had a breast test.

Where can I get more information?



You can phone or email us:

South East Wales:

Phone: [029 2039 7222](tel:02920397222)

Email: south-breast-screening@wales.nhs.uk

West Wales

Phone: [01792 459988](tel:01792459988)

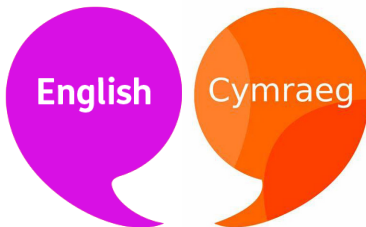
Email: west-breast-screening@wales.nhs.uk



North Wales

Phone: [01492 860888](tel:01492860888)

Email: north-breast-screening@wales.nhs.uk



You can contact us in Welsh or English.

It will take us the same amount of time to answer you whichever language you choose.



You can visit our website:

www.phw.nhs.wales/breast-screening

**BREAST
CANCER
NOW** The research &
support charity

For more information and support about breast cancer visit:

www.breastcancer.org