

Let's talk about...

# MAMMOGRAMS

## CHECK YOUR BUMPS FOR LUMPS

### WHO IS INVITED?

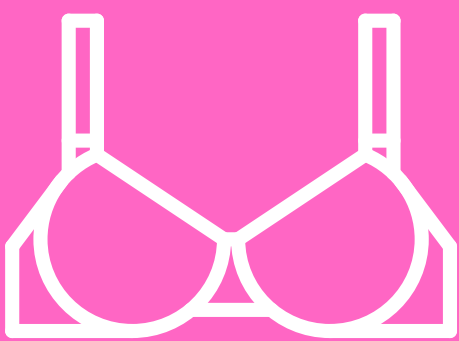
- You will be automatically invited between the ages of 50 and 53
- You will then be invited every 3 years until you turn 71
- If you are over 70 you can request a test every 3 years

If you have not been by the time you are 53 and you think you should have you can contact your local breast screening team.

### SHROPSHIRE BREAST SCREENING CONTACT DETAILS

**01743 261080**

**SHROPSHIRE.BREAST  
SCREENING@NHS.NET**



### HOW IS THE TEST DONE?

You will undress in a private area and then rest your breasts onto the x-ray machine. It will be squeezed between 2 pieces of plastic to keep them still while the images are taken. You will have 4 mammograms, 2 for each breast. These will be taken by a female mammographer and only take a few minutes.

The whole appointment should only take around 30 minutes.

### WHY SHOULD I HAVE THE TEST?

Anyone can get breast cancer, it is the most common type of cancer in the UK and the risks increase as you get older. Breast screening saves around 1,300 lives each year.



### WHERE CAN I HAVE THE TEST?

The invitation will ask you to contact the breast screening office to arrange an appointment at one of the mobile screening units. You will be asked about your mobility when you book to make sure the appointment is accessible for you.



### TOP TIPS

- Do not use talcom powder or spray deodorant on the day as this may affect the mammogram (roll on deodorant is ok)
- Wear a skirt or trousers rather than a dress so that you only have to undress to the waist
- Remove necklaces and nipple piercings before you arrive
- Tell the mammographer if you are nervous or have found screening uncomfortable in the past