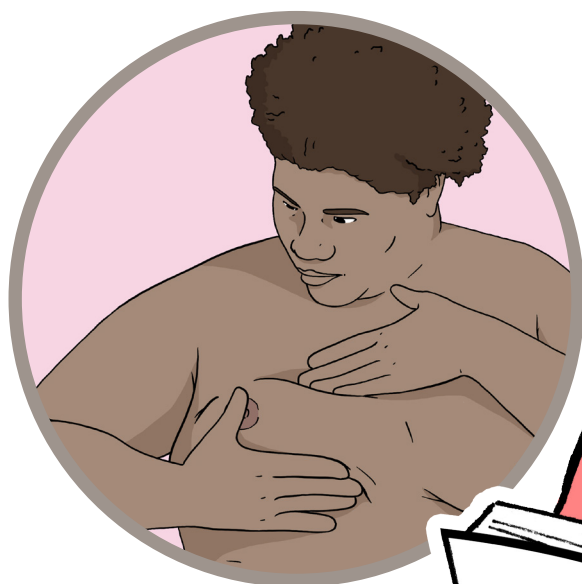


In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

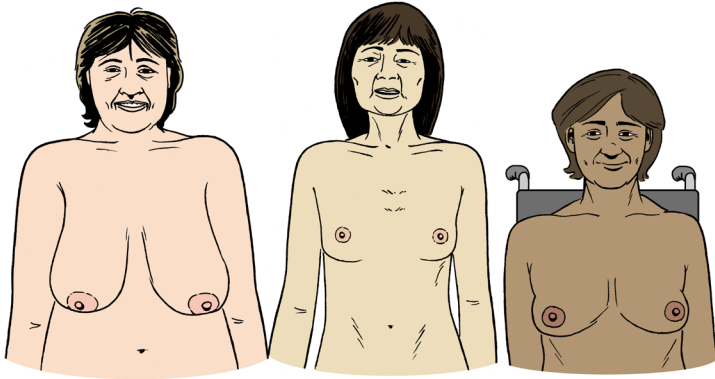
# Breast care and screening







# About this easy read booklet



This booklet is about breast care and screening.



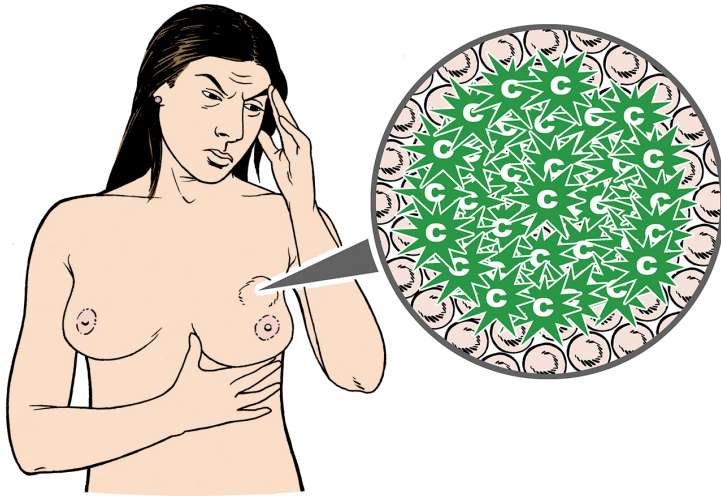
You can learn about checking your breasts, and about screenings for breast cancer.



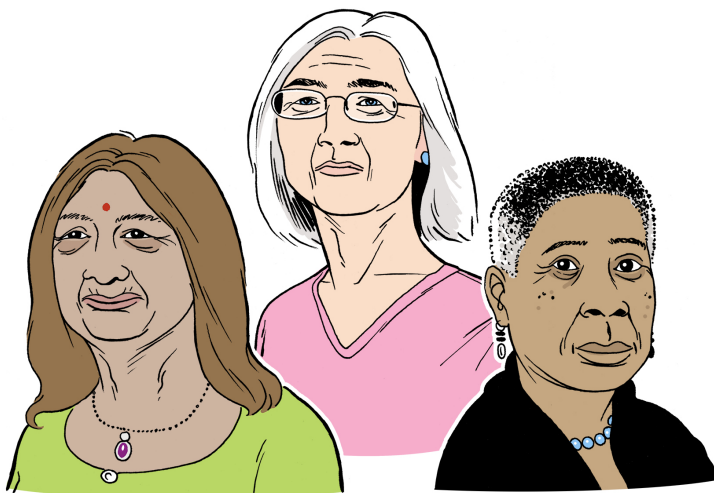
If you are worried about your health, you should talk to a doctor or nurse.



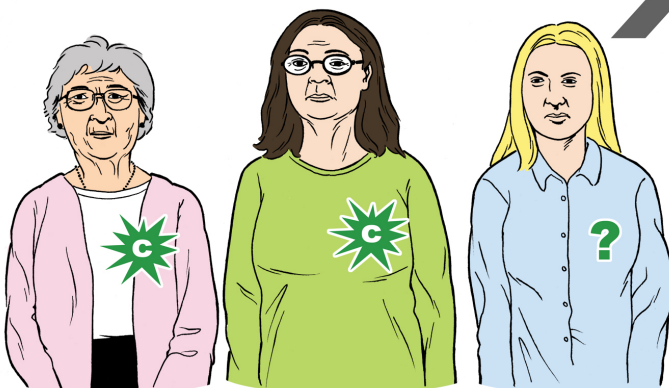
# Breast care



The most common cancer for women is breast cancer.

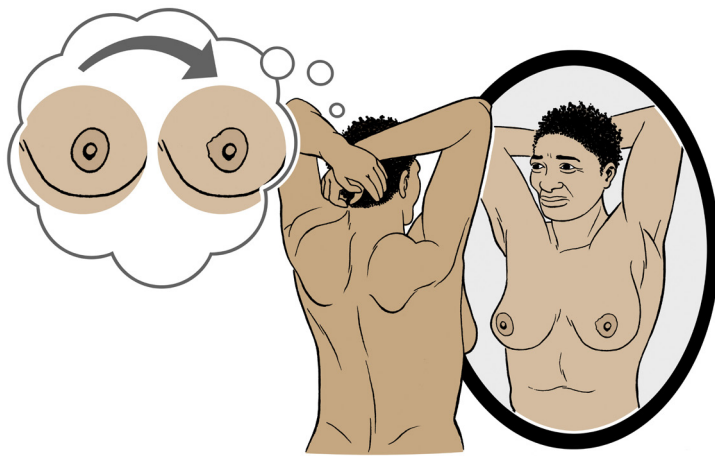


Women of any age can get breast cancer but the risk is higher when you are over 50.

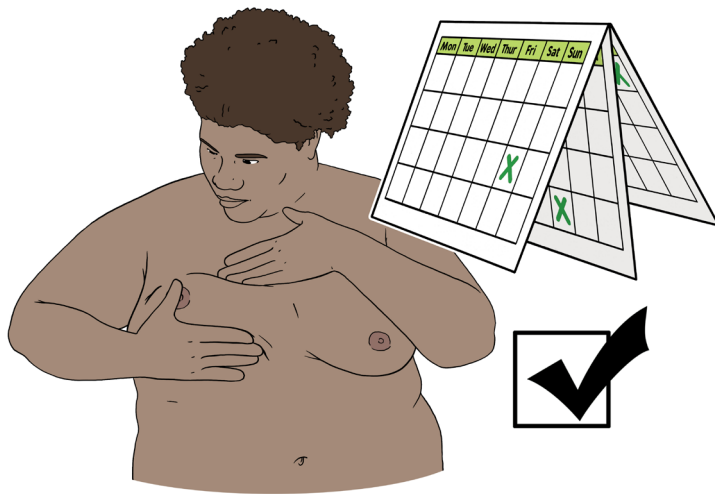


If your mother, aunt or sister has had breast cancer, you may be more likely to get it.

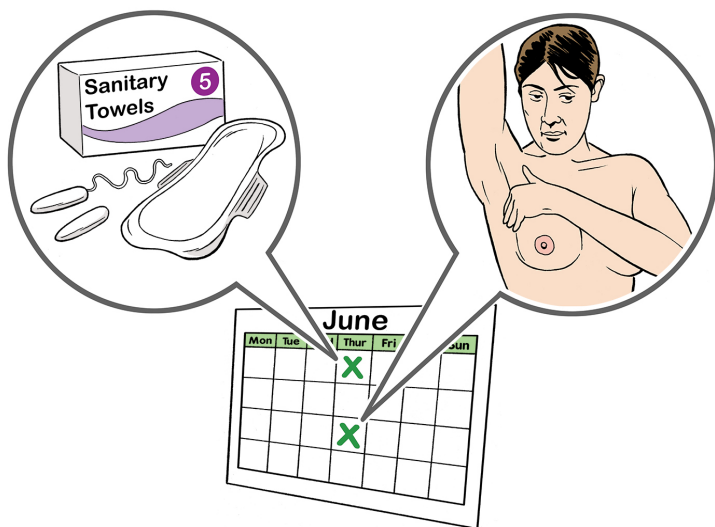




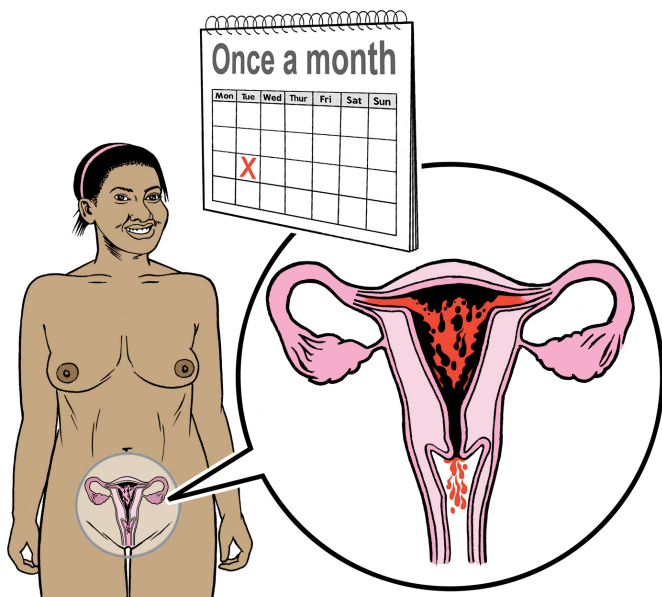
Cancer is easier to treat if it is found early. You should check your breasts regularly for any changes.



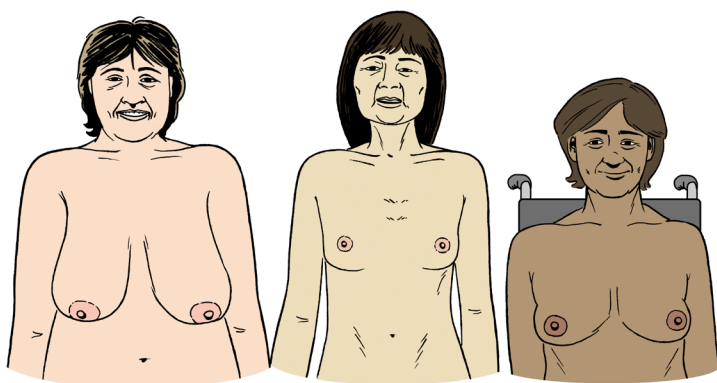
It is very important to check what your breasts look and feel like at different times of the month.



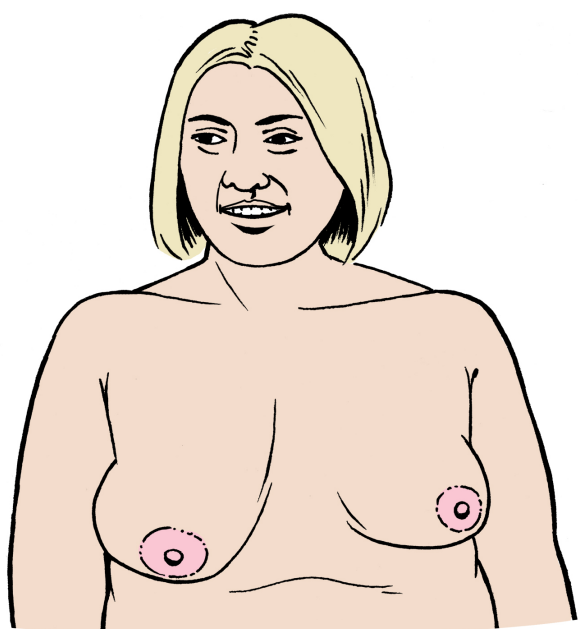
This is because **the menstrual cycle** causes changes in the breasts. It can make them bigger or more sensitive.



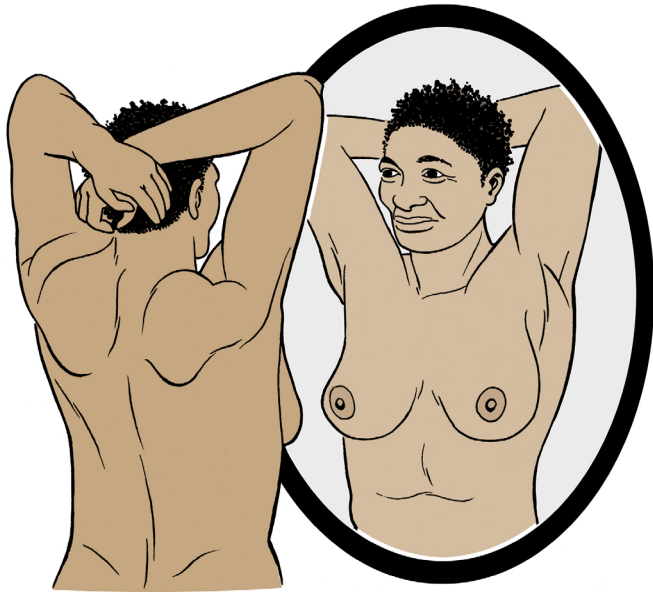
**The menstrual cycle** is the time from the first day of your period to the day before your next one.



Every person's body is different. You should know what your breasts look and feel like normally. Then you will be able to notice any changes or lumps.



You may have always had one breast that is larger than the other. This is OK.



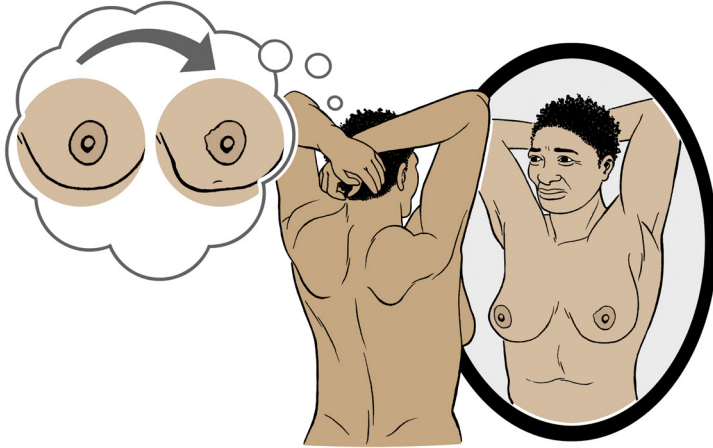
Use a mirror to check for changes in your breasts that you can see.



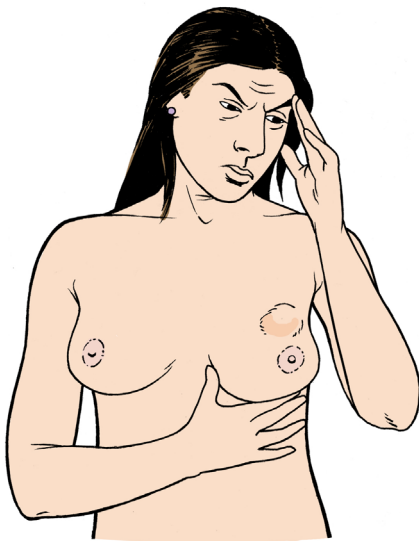
Check for changes in your breasts that you can feel. It may be easier to do this somewhere private, like in the shower or bath.



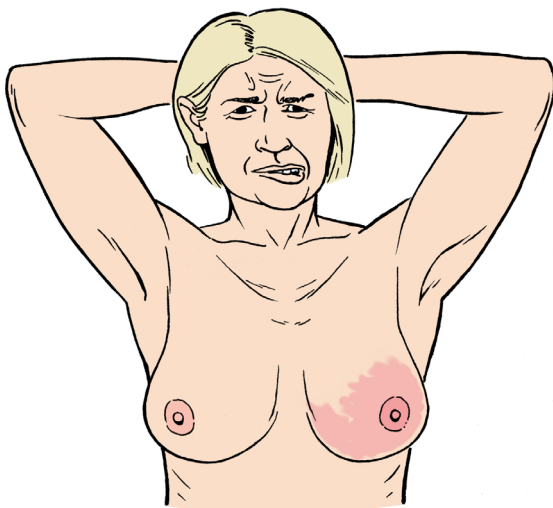
# Changes to look for



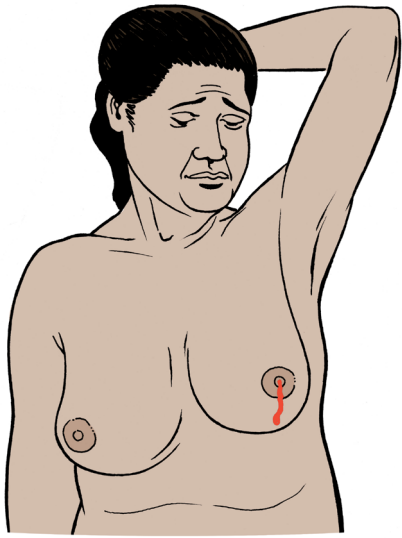
Changes in the shape of your breasts or nipples.



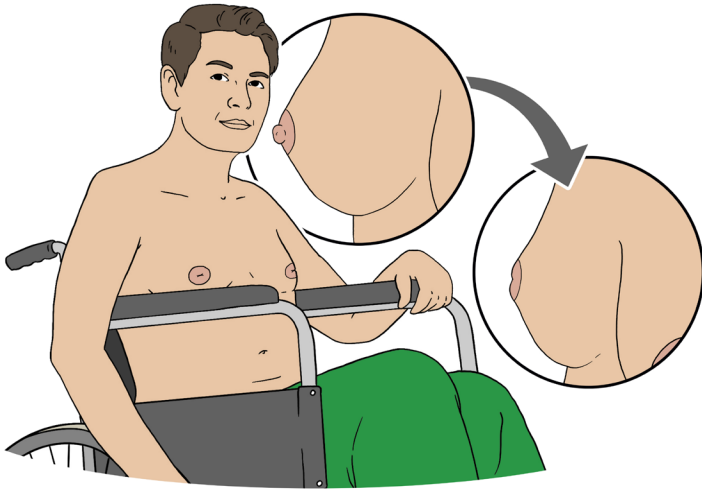
Lumps in your breasts or underarms.



Changes to the way the skin on your breast looks or feels.



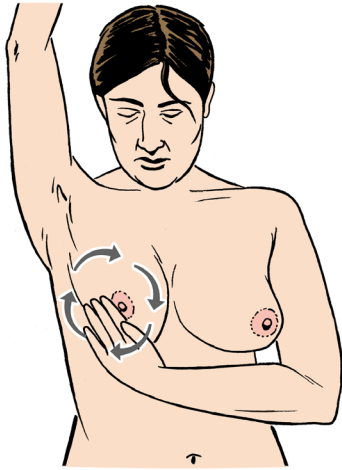
Any liquid coming out of  
your nipples.



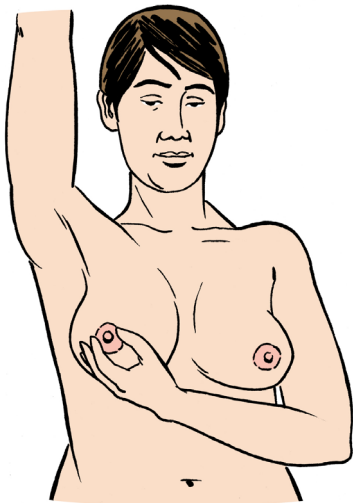
Your nipple turning in.



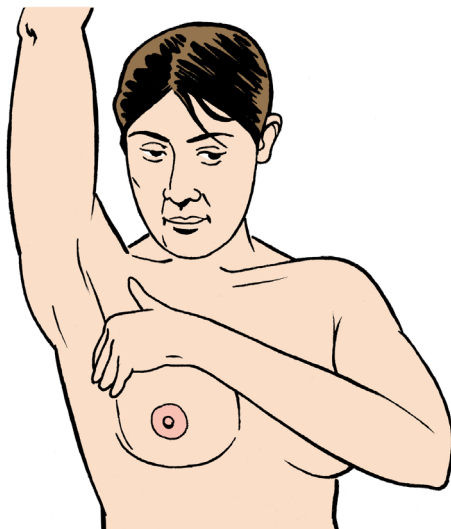
# How to check your breasts



Feel all over each breast.

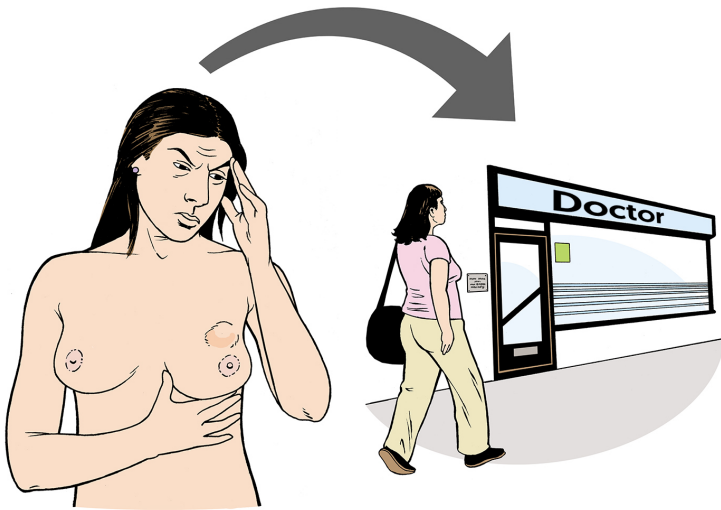


Then feel around the nipple areas.



Then feel under your arms.





If you find any changes or lumps in your breasts or your underarms, it is very important to see your doctor as soon as you can.



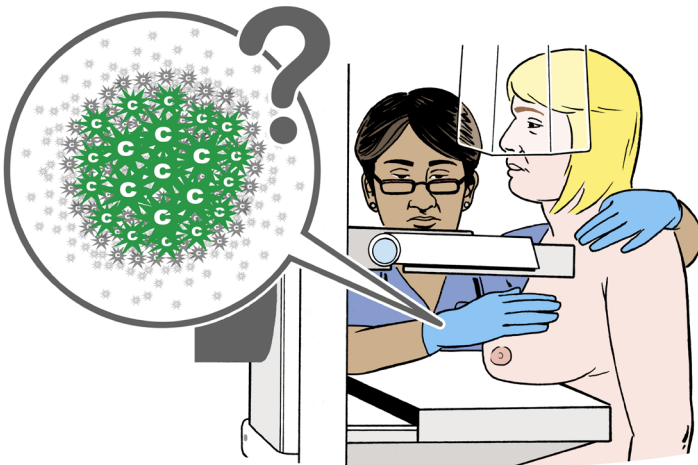
You can ask to see a female doctor if you would like.



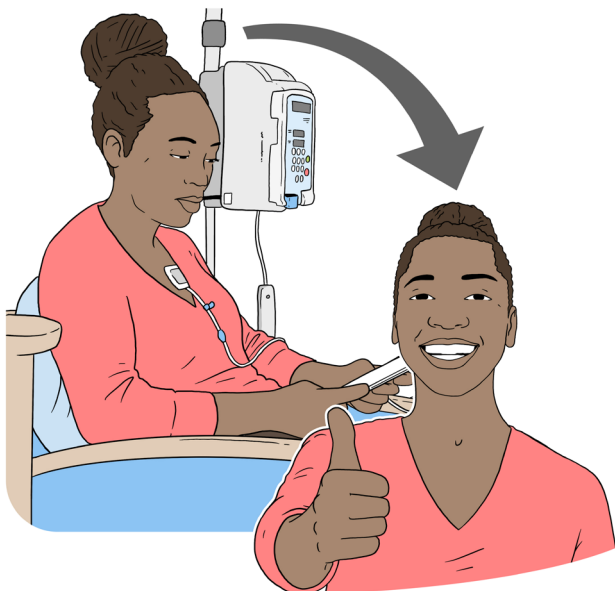
# Breast screening



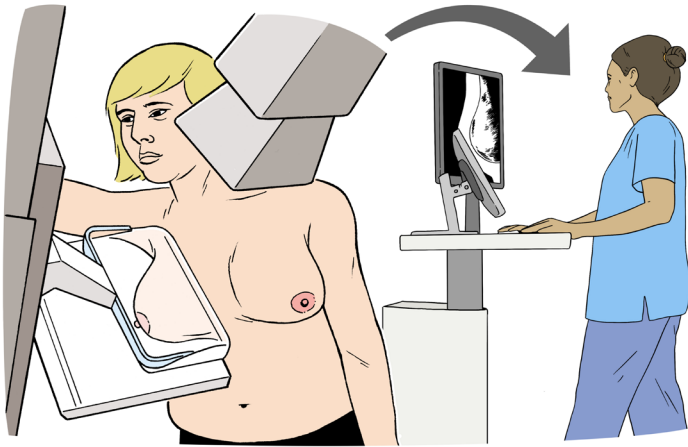
If you are aged 50 to 71 you will get a letter inviting you for breast screening. This will happen every 3 years. You will get your first invite before you are 53.



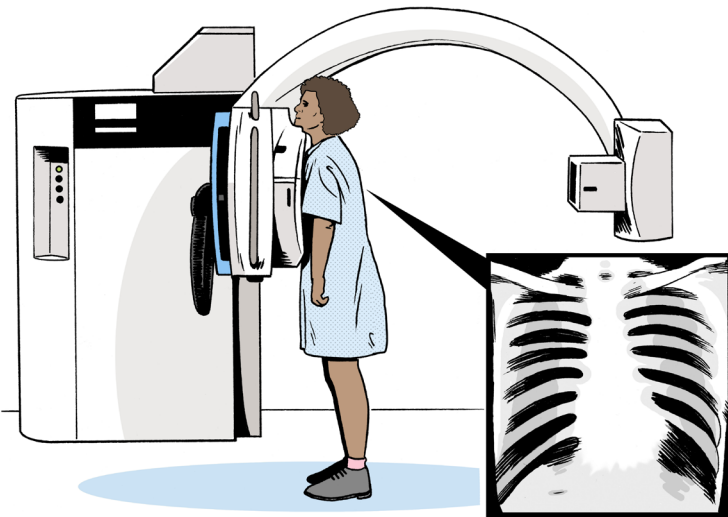
**Screenings** are tests that look for very early signs of cancer. You have a screening even if you have no symptoms of breast cancer.



Finding you have breast cancer early means it can be treated or stopped before it causes problems.



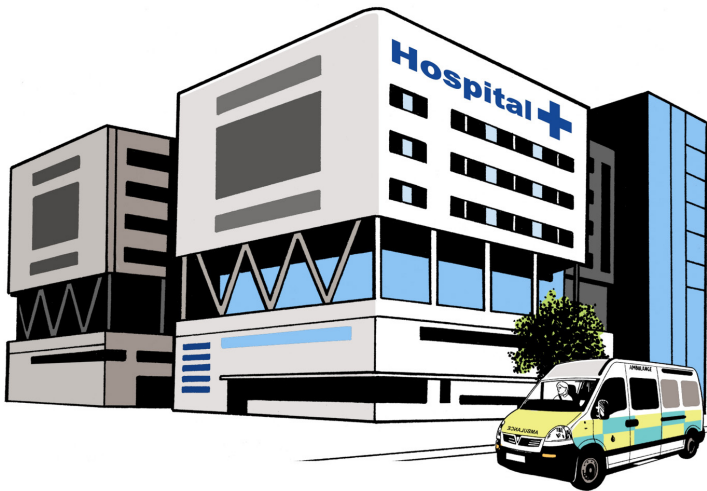
Breast screening means having two **x-rays** of each breast. These are called mammograms.



An **x-ray** is a picture of the inside of your body.



The mammograms will show if your breasts are healthy or if there are any signs of cancer.

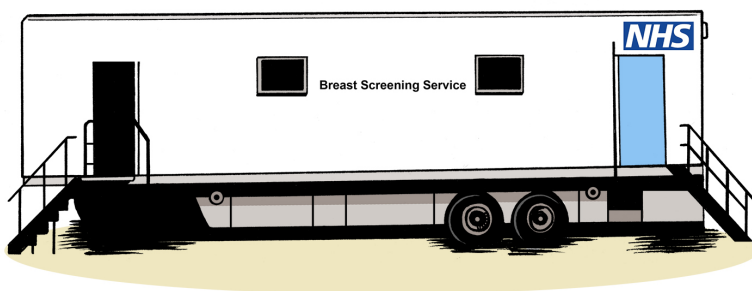


You might have a  
mammogram at a:

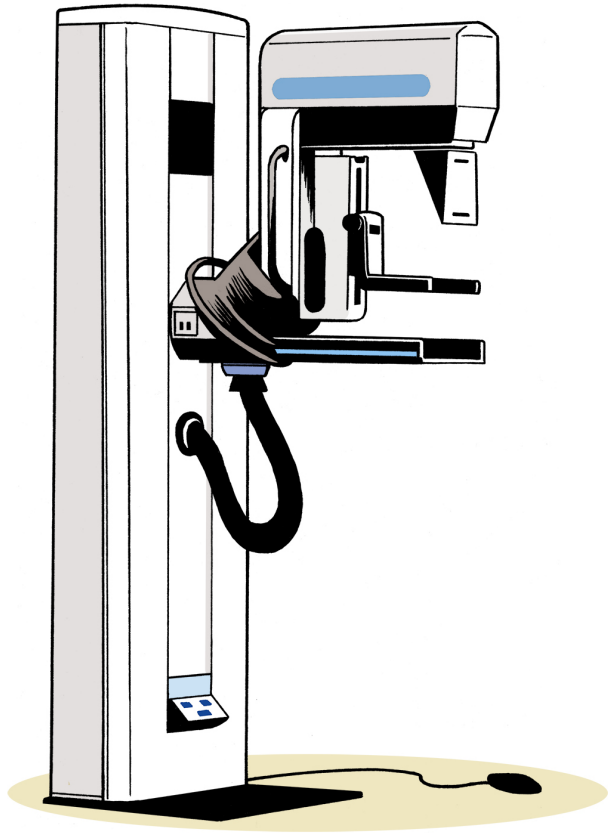
- hospital



- clinic



- mobile unit

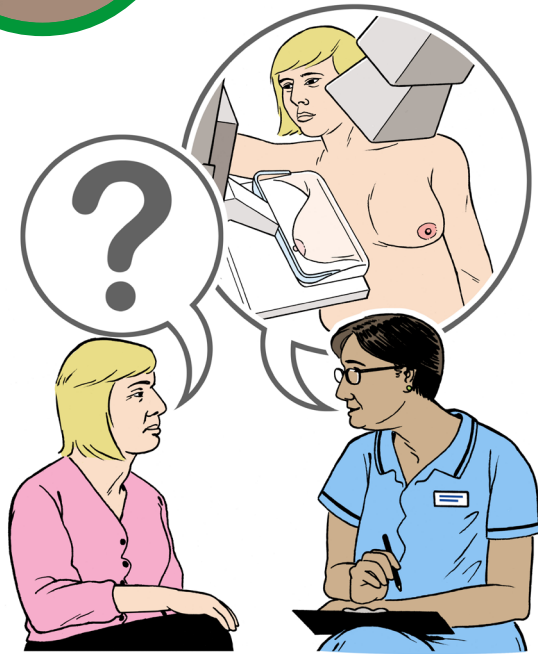


This is what a breast screening machine looks like. This takes the x-rays of your breasts.

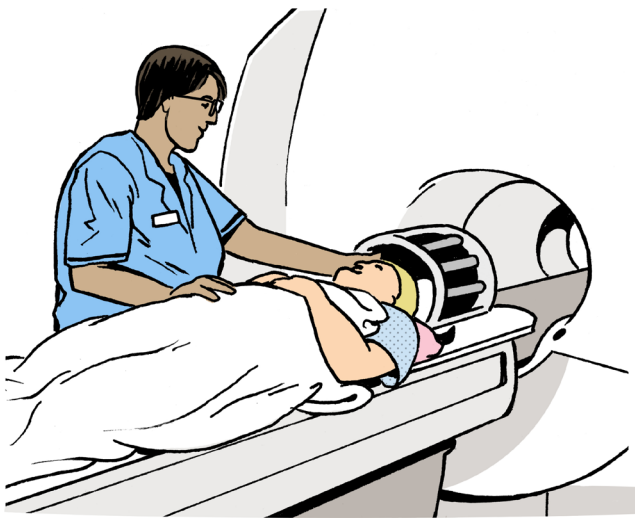


The screening will always be done by a woman.

# What happens at a breast screening appointment



When you arrive for your breast screening, you will meet the **radiographer**. They will tell you what a mammogram is. You can ask them questions.

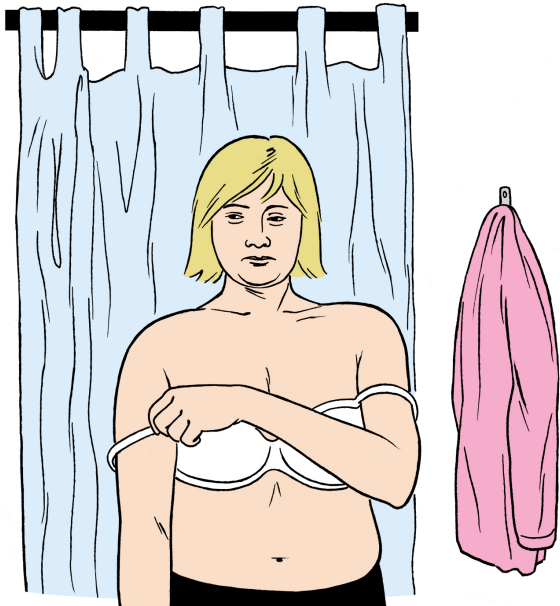


A **radiographer** is a person who takes scans and x-rays of your body.

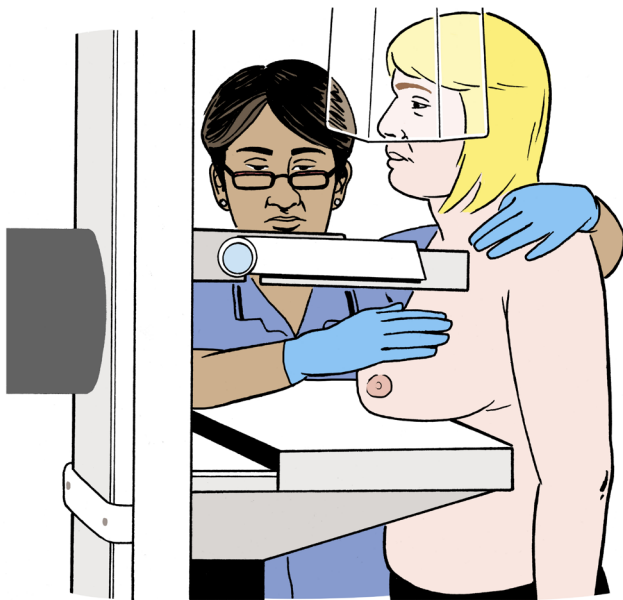


The radiographer will check your name, address and date of birth.

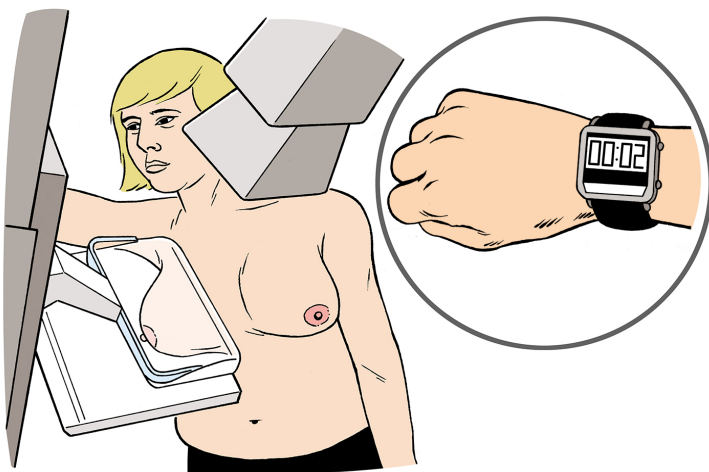




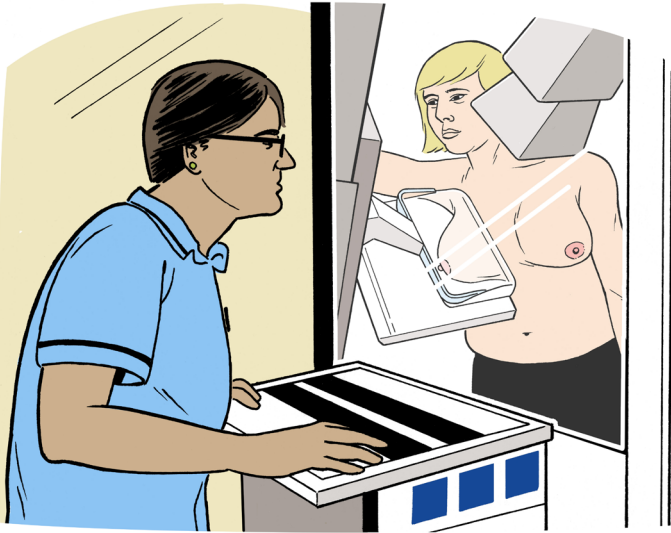
You will be asked to take off your top and bra.



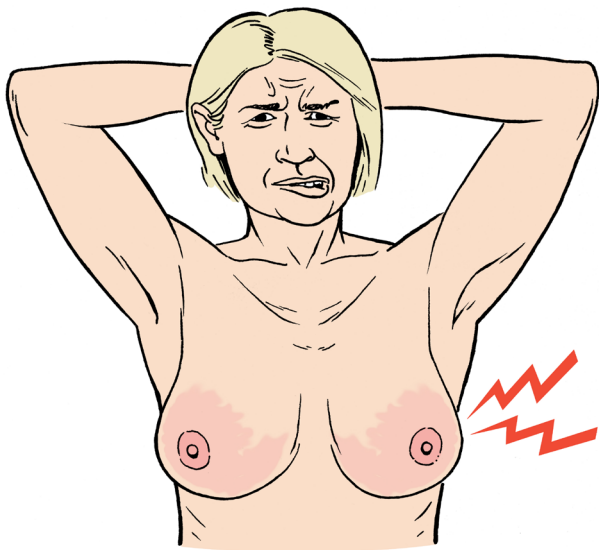
The radiographer will put your breast between two flat plates on the machine. The plates will press against your breast to take the x-rays. The radiographer will x-ray one breast at a time.



It only takes a few minutes.



The radiographer will go behind a glass screen when the x-rays are being taken.



Some women find the screening painful or uncomfortable. These feelings should not last long.



You can ask the radiographer how and when you will get your results.



Sometimes you may be asked to come back for another mammogram. This may happen if the results are not clear. This does not always mean something is wrong.



The results may say you do not need to come back. You will be invited for another breast screening in 3 years.



If you see changes in your breasts before 3 years, you should talk to your doctor.

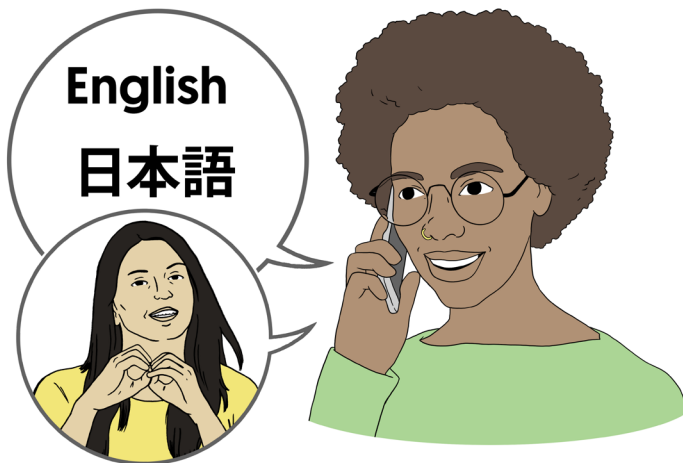


# How Macmillan can help you

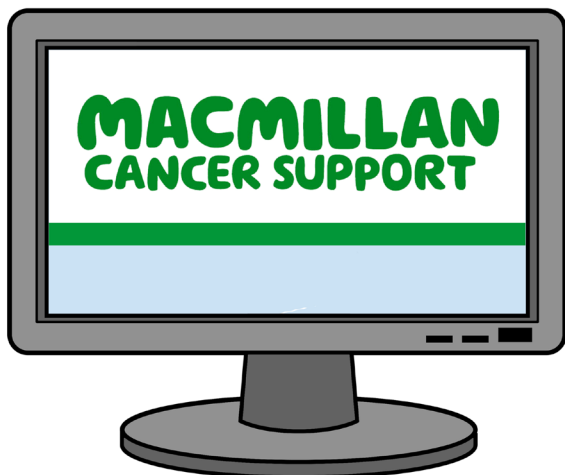


You can get support from:

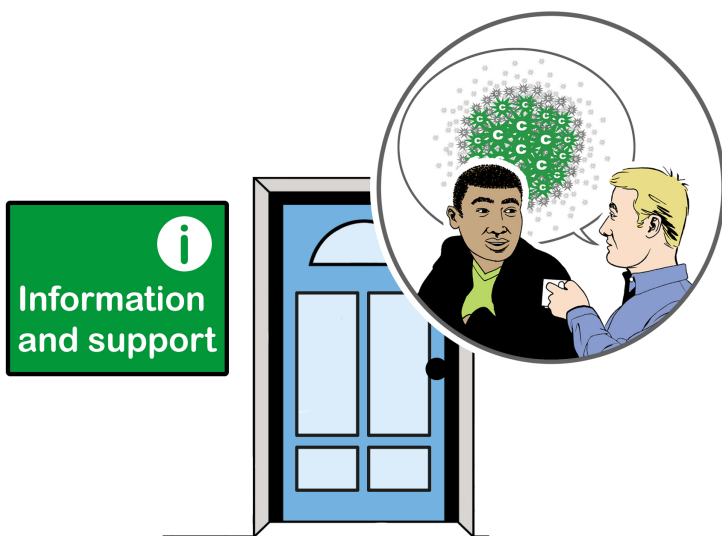
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



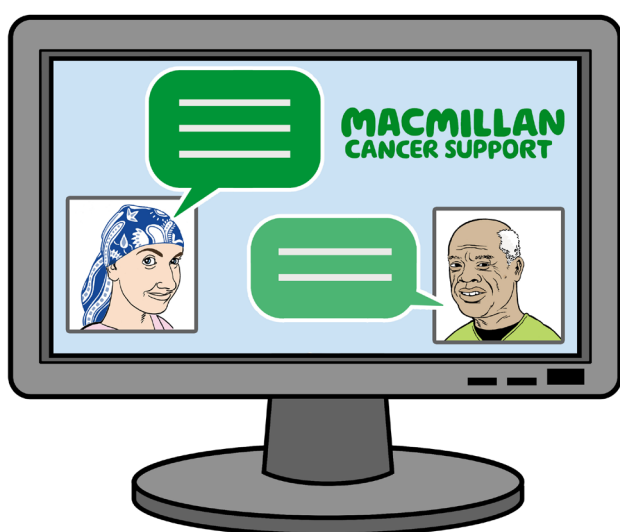
- The Macmillan website. Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



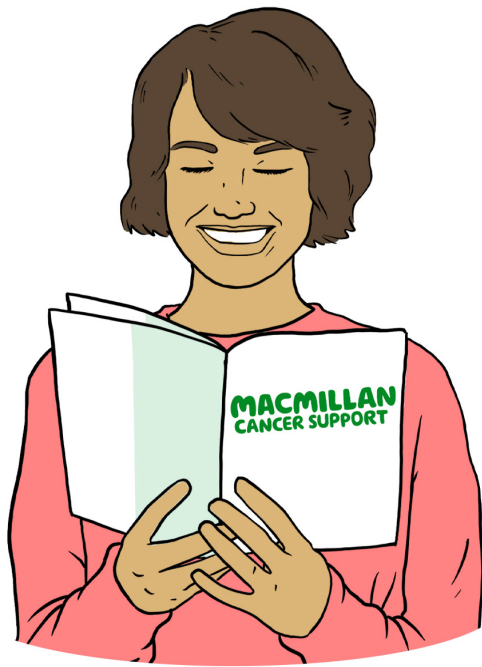
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

### Booklets about cancer

You can order booklets about cancer from

[be.macmillan.org.uk](https://be.macmillan.org.uk)



### Videos

You can watch videos about cancer at

[macmillan.org.uk/videos](https://macmillan.org.uk/videos)

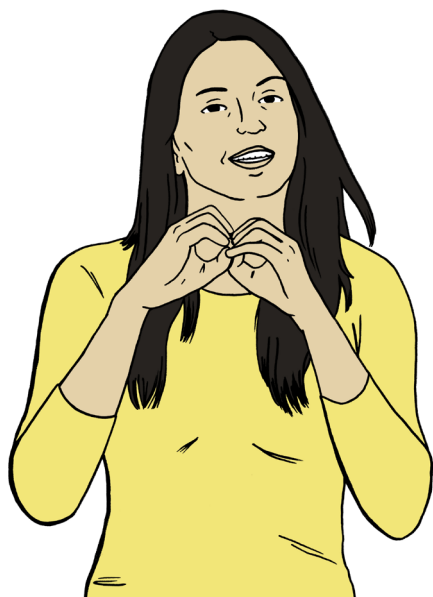


### Audio

You can listen to information about cancer and order CDs from

[macmillan.org.uk/audio](https://macmillan.org.uk/audio)





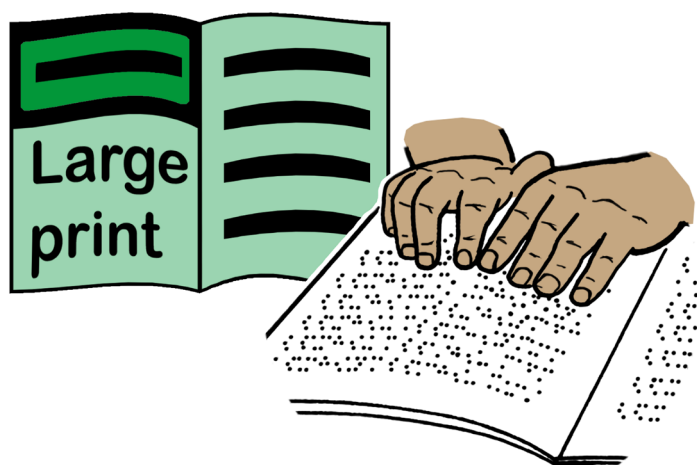
### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



### eBooks

You can get eBooks about cancer from [be.macmillan.org.uk](https://be.macmillan.org.uk)



### Large print or Braille

Tell us if you need information in large print or Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



# More easy read booklets



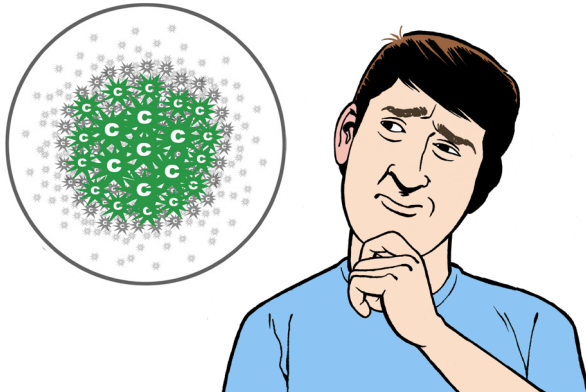
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?



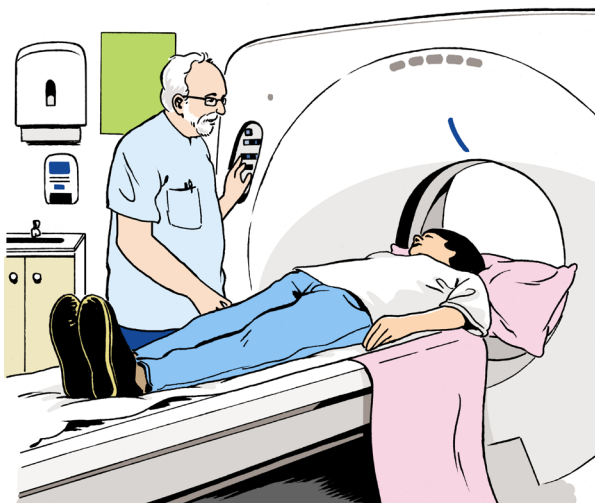
## Signs and symptoms

- Breast care for women
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



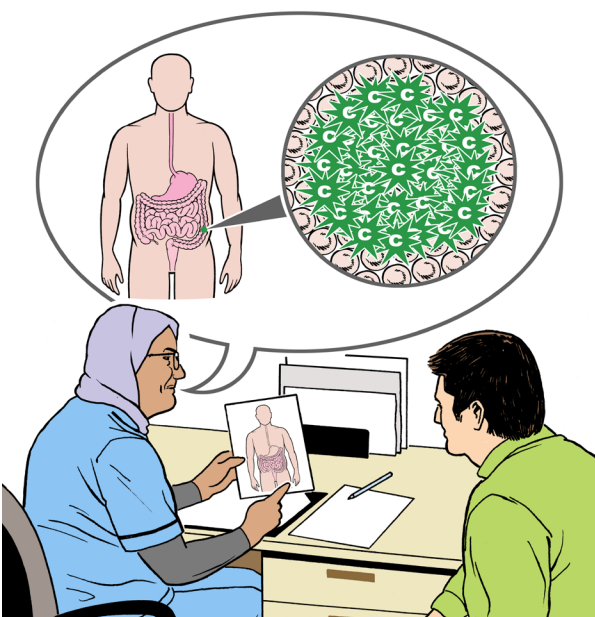
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



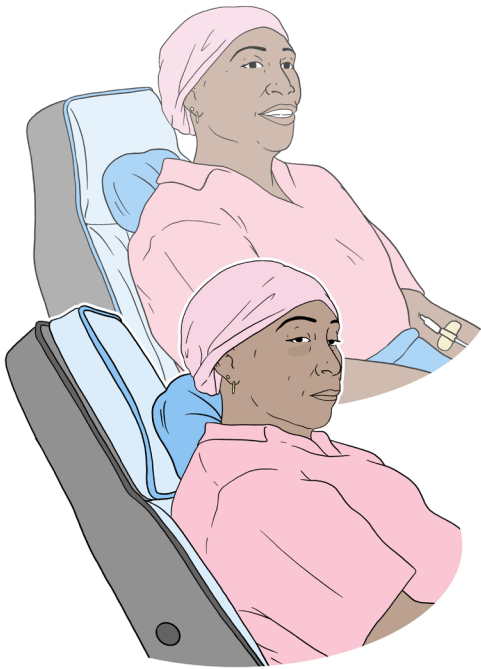
## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



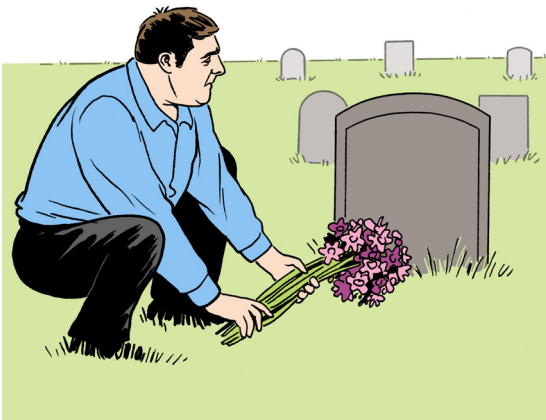
## Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



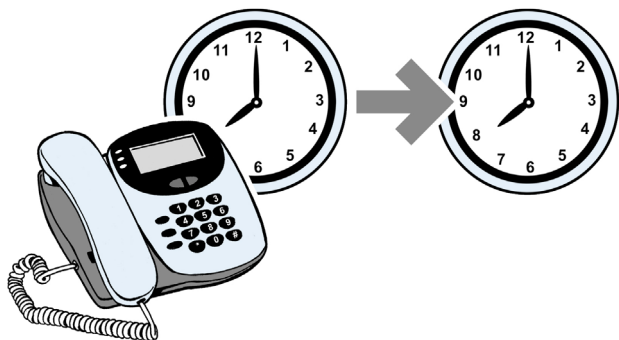
## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about breast care and screening.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

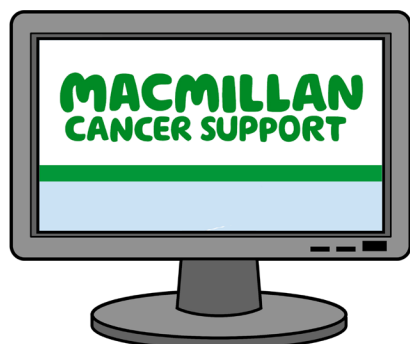
**0808 808 00 00**

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

**18001 0808 808 00 00**



- Or go to the website

**[macmillan.org.uk](http://macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

**MAC16301\_ER\_E06** Produced October 2022.

Next planned review October 2025.

© Macmillan Cancer Support. All illustrations © CHANGE.

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC39907) and the Isle of Man (604).



In partnership with

**MACMILLAN  
CANCER SUPPORT**