

# EAST LANCASHIRE BREAST SCREENING

## Can help save lives by detecting cancer early

Breast Screening

Issue 4: Autumn/Winter 2021



### In this issue:

#### Page 1:

Welcome to our Newsletter

#### Page 2:

NHS Breast Screening Programme

#### Page 3:

Covid - 19 Update

Breast Screening Schedule

#### Page 4:

Changing your appointment

Over 71 years old and self-referral

#### Page 5:

Health Promotion

Facebook

#### Page 6:

Breast Awareness/Wear it Pink

Contact details

## Welcome to the East Lancashire Breast Screening Newsletter

Our newsletter aims to raise awareness of breast screening and the important role it plays in helping to detect breast cancer early. We hope it will provide eligible women information about the screening process and give them an opportunity to make an informed decision about attending their appointment.

We also recognise the crucial role colleagues working in GP practices play in encouraging their patients to attend their breast screening appointment. This newsletter will aim to keep you up-to-date with information about new developments regarding the East Lancashire Breast Screening Service which can be shared with eligible patients and help increase breast screening uptake across East Lancashire.

# NHS Breast Screening Programme

## The Aim



Reduce the number of breast cancer related deaths in the UK by identifying cancers early; usually when they are too small to see or feel



## Why is breast screening important?

1 in 7 women in the UK will be diagnosed with breast cancer at some point during their lives. Breast cancer is now the most common cause of cancer in women in this country, with over 46,000 new cases being diagnosed every year.

Breast screening helps identify breast cancers when they are still small and difficult to feel. This allows for early diagnosis and in many cases, successful treatment.

## The Breast Screening Test

- ♦ All women aged from **50 up to 71 years** are invited for breast screening every 3 years
- ♦ Breast screening uses an X-ray test called a mammogram to check the breast for signs of breast cancer
- ♦ Mammograms can be uncomfortable for some women but the discomfort passes quickly

### Results

- ♦ Out of 100 women, approximately 96 will get a normal result
- ♦ Letters detailing the breast screening results are sent within 2 weeks of your appointment



**All our radiographers are female**



# Breast Screening & Covid-19

Until further notice, East Lancashire Hospitals NHS Trust is still asking all visitors to follow Covid—19 guidance. For East Lancashire Breast Screening Services this will mean that we will continue to follow social distancing practices within both the main department at Burnley General Hospital and on the mobile screening van. We will also encourage all patients to sanitise and/or wash their hands and wear a face mask (unless exempt) to prevent the spread of Covid-19 infection. Our staff members will continue to wear relevant PPE and clean all equipment between each appointment. All these measures are for the safety of both patients and staff members.

If you are invited for breast screening and still have concerns about Covid-19 or want more details about the guidance in place; please do contact:

East Lancashire Breast Screening Service on 01282 805301.

## Breast Screening Schedule:

Our mobile breast screening van will be moving to **Clitheroe Community Hospital** from mid-September 2021 until early January 2022. Eligible women from the following GP Practices will be invited for breast screening:

- Pendleside Medical Practice
- Castle Medical Group
- Whalley Medical Centre
- Slaidburn Country Practice



From early January 2022 until the last week of February 2022, the mobile breast screening van will move to **Accrington PALS**. Eligible women from the following GP Practices will be invited for their screening:

- Accrington Victoria Health Access Centre
- Peel House Medical Practice

**Please note:** Appointments are by invitation only. Eligible women will receive an invite letter with their appointment details.



## How do I change my appointment?

Many of us lead very busy lives. We understand that sometimes the appointment that you have been sent may not be convenient due to the date or the timing. If you need to reschedule or cancel your appointment please contact the East Lancashire Breast Screening Office on: **01282 805301**. Or email: **breastscreening.elht@nhs.net**

We have now also developed an easy online appointment booking form which you can access anytime of the day and can request a change to your appointment. If this is your preferred option, it's simple; use the website link below

**[www.elht.nhs.uk/services/breast-imaging-screening-service](http://www.elht.nhs.uk/services/breast-imaging-screening-service)**

Follow the instructions to download and complete the online appointment form and then submit your request. An e-mail will be sent to you confirming receipt of your request followed by details of your amended appointment.

**(Please quote your PLE (personal number), found on the top right of your appointment letter in all your correspondence)**

### **Breast screening self-referral for women over 71 Years Old**



Are you over 71 years old?



Has it been 3 years or more since your last mammogram (breast X-ray)?



If **'yes'**, and you would like to be screened, please contact East Lancashire Breast Screening Service



# Out in the Community!



The pandemic has dictated our every move over the last 18 months and we didn't think this day would ever come...but, it did! We were out promoting breast screening in our local communities!

Our Patient Navigator/Health Promotion Officer was invited to promote breast screening at the Carers Link's 'Community Celebration of Culture' event in Accrington. This nicely coincided with breast screening which was taking place for some GP Practices in Accrington at the time.

A fashion show with lots of other health promotion stalls drew in many people from the local community which made the day very enjoyable.

*Photo 1: Patient Navigator/Health promotion Officer Sanam Taj*



*Photo 2 below: Laila Abbas (left) and Haiqa Farooq*

## BREAST SCREENING



Your local NHS Breast Screening service is **FAST**,  
**FREE** and can diagnose breast cancer **EARLY**



## Follow our new Facebook page!

Our new Facebook page **East Lancashire Breast Screening** will aim to provide our followers with information about the NHS Breast Screening Programme, raise awareness about breast cancer and share updates regarding events taking place in the local community. Please share with your friends and family and get the word out: early detection of breast cancer can help save lives!

# BREAST SCREENING

## Please remain 'breast aware'!

Be breast aware and check your breasts regularly. If you notice any changes or experience any signs or symptoms, you should contact your GP. If you are eligible for breast screening and notice any changes in-between your breast screening appointment, please do not wait for your next appointment letter. Contact your GP and discuss your symptoms as soon as possible.

Breast change?  Tell your doctor.



Learn more about each symptom at [knowyourlemons.com](http://knowyourlemons.com)

It's time to  
wear it  
pink

22.10.21

WEAR IT  
PINK

BREAST  
CANCER  
NOW  
The research  
& care charity

Don't  
Forget!

## BREAST SCREENING

Your Local **NHS** Breast Screening Service is  
**Fast, Free** and can diagnose breast cancer **Early**



East Lancashire is your Local  
Breast Screening Service

☎ 01282 805301

✉ [breastscreening.elht@nhs.net](mailto:breastscreening.elht@nhs.net)

🐦 #bescreened

🌐 [www.elht.nhs.uk/services/breast-imaging-screening-service](http://www.elht.nhs.uk/services/breast-imaging-screening-service)

If your GP Practice would like any breast screening and/or breast cancer promotional material to display in your work areas, we are more than happy to send it to you. We are also welcoming any articles and photos that you may wish to be included in the next East Lancashire Breast Screening newsletter. Please contact:

Sanam Taj

(Patient Navigator/Health Promotion Officer)

01282 804538/

[Sanam.Taj@elht.nhs.uk](mailto:Sanam.Taj@elht.nhs.uk)