

What should I look out for?

- Lumps or thickening in any part of the breast
- Puckering or dimpling of the skin
- A change in the shape or size of the breast
- Discharge from the nipple
- An inverted nipple (turned in on itself compared to how it used to be)
- A swelling in the armpit or above the breast.

NB: if you have any concerns please go to your GP, even if you have had a recent mammogram.



BreastCheck information is available in braille or audio format if requested. Please call 1800 45 45 55. All BreastCheck Screening Units have equipment for people with hearing difficulties.

BreastCheck

The National Breast Screening Programme

Central Office

89-94 Capel Street
Dublin 1

Tel: (01) 865 9300

Fax: (01) 865 9333

Email: info@nbsp.ie

Eccles Screening Unit

36 Eccles Street
Dublin 7

Tel: (01) 882 6200

Fax: (01) 882 6225

Email: eccles@nbsp.ie

Merrion Unit

Merrion Road
Dublin 4

Tel: (01) 223 5800

Fax: (01) 223 5873

Email: merrion@nbsp.ie

www.breastcheck.ie

Freephone Information Line

1800 45 45 55


BreastCheck
The National Breast Screening Programme

Information About Your Breast Screening Appointment



Breast cancer is one of the most common cancers among women in Ireland, but is very treatable if found early.

That's why BreastCheck, the National Breast Screening Programme, is offering women aged 50 to 64 a free breast x-ray (mammogram), every two years, to check for cancer.

We would encourage you to attend each BreastCheck appointment, which will be approximately every two years until you reach 65.

**BreastCheck.
It's Our Best
Protection**



WHAT IS A MAMMOGRAM?

A mammogram is a low dose x-ray of your breasts. If breast cancer is found early, there is a good chance of a successful recovery.

WHAT HAPPENS AT AN APPOINTMENT?

The appointment takes approximately half an hour. You will be asked a few questions about your health and be asked to undress from the waist up (cubicles are provided for your privacy).

Each breast is placed between two plates and pressure is applied to get the best possible x-ray image. It may feel slightly uncomfortable - like getting your blood pressure checked.

Helpful Hints:

Wear a top with a skirt or trousers - it makes it easier to undress.

If using deodorant, please use sparingly.

WHEN WILL I KNOW MY RESULT?

We will post the results to you within three weeks. Your family doctor (GP) will also receive a copy of the results.

WHAT IF I AM CALLED BACK?

Please don't worry. Approximately 1 in 20 women who receive a BreastCheck mammogram are called back for further tests. The vast majority of women are given normal results following the tests.

HOW OFTEN SHOULD I BE SCREENED?

You will be invited to come back for screening approximately every two years until you reach 65.

Breast cancer can develop at any time. Therefore, even when you have been screened, you should be breast aware and check your breasts regularly for any changes.

