

# Breast Screening Fact Sheet

**ANSWER  
CANCER**



# Breast Screening

## 10 Key Facts

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\* If you have limited time – concentrate on the **5 'key facts'** that are in **bold**.

- 1:** In England, anyone aged 50-70 and registered female with a GP will be invited by letter to attend a breast screening examination (mammogram). Every 3 years.
- 2:** Breast screening takes 2 x-rays of each breast – the x-rays are called mammograms.
- 3:** Breast screening usually takes place at a mobile screening unit, but women will sometimes be invited to have a screen at a local hospital.
- 4:** You usually receive a letter with your results within 2 weeks.
- 5:** \* **Breast cancer is the most common cancer in the UK.**
- 6:** \* **1 in 8 women will develop breast cancer in their lifetime.**
- 7:** One person in the UK is diagnosed with breast cancer every 10 minutes. There are around 56,000 new cases every year. That's over 150 new cases every day.
- 8:** \* **Men can get breast cancer too.** Breast cancer in men is very rare. Around 370 men are diagnosed each year in the UK.
- 9:** \* **Early detection saves lives.** Around 98% of women will survive their breast cancer for 5 years or more if diagnosed at stage 1. Less than 25% will survive if diagnosed at stage 4. Self-check for changes. If you have changes then go see your GP. Don't wait for your next mammogram.
- 10:** \* **Breast screening saves lives.** More than 18,000 breast cancers are diagnosed through screening in England each year. Most of these are found at an early stage when the chance of successful treatment is high.

# Breast Screening Key Messages

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## Key Messages:

### **If it's unusual for you – see your GP**

You should check your breasts regularly so that you know how they look and feel. This lets you spot any changes as soon as possible.

### **Early detection saves lives**

Those who regularly attend screening will have any early changes picked up usually **before** they turn cancerous.

Those who regularly self-check and visit their GP if they have any changes, will have these changes diagnosed early. This means that treatment options and health outcomes are often better.

### **Breast screening saves lives**

Breast screening can find cell changes early, before they become cancerous.



# Breast Screening Fact Sheet – How to Guide

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## **This simple briefing sheet aims to give you a couple of pointers for using any of the Answer Cancer fact sheets.**

These fact sheets are a great way to convey essential information in a brief, simple and easy to understand format.

They provide key information, facts & figures on cancer screening all in one place (A4 document).

## **How to use**

- Use in a group setting either in real life or over Zoom
- Use all or part of the fact sheet depending on time constraints
- Post facts daily on social media i.e. Facebook or WhatsApp group
- Add a couple of facts to your cancer presentation
- Use facts in a work team meeting

## **How to evaluate**

- How many facts you posted online?
- How many key messages were passed on?
- Were you able to have any 'brief advice' conversations? If so, how many?
- Any case studies? Did you have an interesting conversation which you can anonymise? I.e. Someone reports they understand the importance of screening and will now attend?

## **Top Tips**

- Send out the fact sheet to people before your engagement session, or afterwards as part of your follow-up
- Can give as a handout at community facing engagements
- Fact sheets can be used to supplement and solidify any learning at engagement sessions
- Asking people if they want a copy of the fact sheet gives you a chance to add people to your contact database
- Collect data in line with GDPR regulations and display your Privacy Statement on any 'sign-up' documentation