

# Breast Screening Quiz Sheet

**ANSWER  
CANCER**



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- Q1:** In England, what age are women/trans men (registered as female) invited to attend for their breast screen (mammogram)?
- Q2:** What is a mammogram (breast screen)?
- Q3:** Men can attend for a breast screen (mammogram): **True or False?**
- Q4:** Breast cancer is the most common cancer in the UK: **True or False?**
- Q5:** Men can get breast cancer too: **True or False?**
- Q6:** 1 in 8 women will develop breast cancer in their lifetime: **True or False?**
- Q7:** What % of women will survive their breast cancer if caught early at stage?  
**a) 25% b) 63% c) 85% d) 98%**
- Q8:** How often should women self-check?  
**a) Once a year b) Once a month c) Once a week d) Once a day**
- Q9:** The risk of breast cancer is higher in people with a family history of breast cancer: **True or False?**
- Q10:** Breast screening can save your life: **True or False?**

# Breast Screening Quiz Sheet – Answers

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**A1:** **50-70** – 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.

**A2:** **X-rays** – breast screening takes 2 x-rays of each breast. The x-rays are called mammograms

**A3:** **True** – trans men should check with their GP if they have not received a letter. Only people registered female with a GP will receive a letter.

For more information search Breast Cancer at:  
**[www.lgbt.foundation](http://www.lgbt.foundation)**

**A4:** **True** – breast cancer is the most common cancer in the UK. 15% (3 in 20) of all new cancer cases are for breast cancer (female and males combined). The next most common cancers in UK people are prostate, lung, and bowel.

**A5:** **True** – men can get breast cancer too. Breast cancer in men is very rare. Around 370 men are diagnosed with breast cancer each year in the UK.

**A6:** **True** – 1 in 8 women will develop breast cancer in their lifetime. 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.

**A7:** **D 98%** – 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 go and see your GP. Don't wait for your next mammogram.

**A8:** **A: Once a month** – women's breasts can feel different throughout the month depending upon hormone levels and menstrual cycle. Women need only check once a month (at regular monthly intervals) and become familiar with how their breasts feel then.

Search for SMS reminders at **[www.coppafeel.org](http://www.coppafeel.org)** and get helpful advice sent to your phone.

# Breast Screening Quiz Sheet – Answers

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**A9:** **True** – around 5 – 10% of breast cancers are thought to be hereditary. This means that they are passed on through a parent. The most common cause of hereditary breast cancer is an inherited mutation in the BRCA1 or BRCA2 gene. Around 1 in 8 women will develop breast cancer across their lifetime and most of these will NOT have an inherited gene.

**A10:** **True - 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 Quiz – 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 quizzes.**

Quizzes are a great and fun way to engage with your audience. Everyone loves a quiz. The best part is they are easy to use and very straightforward. Just ask the question and wait for the answer!

### **How to use**

- Use in a group setting either in real life or over Zoom
- Use all or part of the quiz depending on time constraints
- Hold a 'Quiz Night' over Zoom or on social media i.e. Facebook or WhatsApp
- Post questions daily on social media i.e. Facebook or WhatsApp group
- Add a couple of questions to your cancer presentation
- Use in a work team meeting
- Use outside in the community at fayres, events or festivals

### **How to evaluate**

- How many people played?
- Did you ask them to 'register' (if online) or 'sign-in/sign-up' (if in a community setting)? Is it appropriate to record gender, age or postcode of people so you can describe if you are reaching target audiences?
- 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**

- Maybe include a small prize for winner/next question answered etc
- Offering prizes is a great way to add people to your contact database – you can ask people to sign-up/become a member, for a chance to win a prize
- Collect data in line with GDPR regulations and display your Privacy Statement on any 'sign-up' documentation