Breast Screening Fact Sheet

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Breast Screening
10 Key Facts

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* If you have limited time – concentrate on the **7 'key facts'** that are in **bold.**

1: In England, anyone registered with a GP as female will be invited for their first breast screening between the ages of 50 and 53, and then every 3 years until their 71st birthday.

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 women in the UK.**

6: **1 in 7 women will develop breast cancer in their lifetime.**

7: One person in the UK is diagnosed with breast cancer every **9 minutes**.

8: There are around **59,000 new cases every year**. **That's around 160 new cases every day**.

9: **Men can get breast cancer too. Breast cancer in men is very rare. Around 400 men are diagnosed each year in the UK.**

10: **Early detection saves lives. Almost 100% of women will survive their breast cancer for 5 years or more if diagnosed at stage 1. More than 30% 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.**

11: **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