

## Frequently asked questions

I get my mammograms at the hospital. Please remove me from the breast screening list.	The National Screening Programme routinely invite women for screening until their 70 <sup>th</sup> birthday. You may be discharged from the hospital before this which is why the screening programme continues to invite women. However if you still wish to be removed from the list we can send you a disclaimer form to fill in and sign.
I have just moved from England. When will I be invited for breast screening?	The screening programme invite women to attend with their GP practice. You must register with a practice and will be invited when we call the whole practice. If you are due for screening before this we will invite you through a failsafe process.
I am 52 and have still not been invited for breast screening. When will I be invited?	The breast screening programme works differently from the other screening programmes. We invite women with their GP practice. You can be invited up to your 53 <sup>rd</sup> birthday depending on when we call your GP practice.
I cannot attend an appointment at the location you have given me as I work in another place. Can I attend at the static centre for breast screening?	There is no problem to change your appointment to the static centre. We can rearrange your appointment and will send a letter to confirm the address and appointment details.
I have a family history of breast screening. Can I have more regular mammograms?	The breast screening programme screens every woman between 50 – 70 once every three years. If you are concerned about family history please contact your GP who may wish to refer you to a genetics service.
I found the x-ray very sore the last time I had screening. Should I attend this time?	Some women can find the mammogram uncomfortable. It is your choice to attend for breast screening. If you do decide to attend you can at any point ask the radiographer to stop.
I have been told it is harmful to attend breast screening. Is this correct?	There is information in the leaflet enclosed with your appointment letter to explain this on Page 8.
I am 51 years old and wish to be screened. I don't want to wait until my practice is screened.	We encourage women to attend in sync with their GP practice. If you have a symptom please see your local GP.
I have concerns about my breast and want to attend for screening. Please can I have an appointment?	Any women that have concerns or are experiencing symptoms should visit their GP who can assess if they should be referred to a symptomatic service.
I have had a recent chest x-ray. Do I still need to come for breast screening?	Yes. A chest x-ray is different from a breast mammogram.
My sister lives abroad and she gets more frequent breast screening. Why doesn't this happen in the UK?	Different countries do screen at different frequency. In the UK, women are invited every three years between 50 – 70 years old.

<p>I'm worried that breast screening will hurt because of the size of my breasts?</p>	<p>The radiography staff screen women of all sizes and will do their best to minimise any discomfort. During the mammogram each breast is placed in turn on the X-ray machine and gently but firmly compressed with a clear plate. The compression only lasts a few seconds and doesn't cause any harm. It's needed to keep the breast still and to get the clearest picture with the lowest amount of radiation possible. For women with very large breasts, additional pictures are sometimes needed to ensure that all the breast tissue is included.</p>
<p>Why does breast screening stop at 70?</p>	<p>Due to COVID-19 impact, the option for women over 70 years old to self-refer was paused. This has been reintroduced as phased re-instatement. Ladies aged 71 to 74+364 days and ladies aged 71+ with a previous breast cancer should contact the Centre directly on 01224 550570 to be added to our waiting list. The Scottish Government is reviewing this regularly in line with clinical need. Further updates will be provided in due course.</p>
<p>Can women with a physical disability be screened?</p>	<p>Mammography is a procedure that is technically difficult and that requires a high degree of cooperation between the mammography practitioner and the woman.</p> <p>The woman has to be carefully positioned on the X-ray machine, and must be able to hold the position for several seconds. This may not be possible for women with limited mobility in their upper bodies or who are unable to support their upper bodies unaided.</p> <p>If a woman has a physical disability or is a wheelchair user, the breast screening unit should advise on whether breast screening is technically possible, and where would be the most appropriate place for her to be screened. This will usually be at a static unit.</p> <p>If a mammogram is not technically possible, the woman should still remain in the call and recall programme, as any increased mobility at a future date may make screening easier.</p> <p>If a woman cannot be screened, she should be advised on breast awareness.</p>

I'm in the process of changing from a man to a woman. I'm over 50. Am I entitled to breast screening?	Individuals who are undergoing male to female gender reassignment may be screened as a self-referral at the request of their GP. If you have a symptom, you should see your GP in the usual way. For more information on the transgender population you can visit NHS inform regarding all screening programmes.
I am changing from a woman to a man. Will I still be offered breast screening?	Individuals who are undergoing female to male gender reassignment will continue to be invited for breast screening as long as they are registered as a woman, unless they ask to be removed from the programme or have had both breasts removed. For more information on the transgender population you can visit NHS inform regarding all screening programmes.
How do I opt out of breast cancer screening?	If you don't want to be invited for breast screening in the future, you can request a disclaimer form to be sent to you from the breast screening centre. Once returned, you will be removed from the invite list. If you change your mind at a later date, you can simply call the screening clinic to put you back on the list.
Will the mammogram hurt me? I've heard it's very painful.	Your breasts will be placed between two plastic plates so that all the breast can be seen. This is very quick and simple, but it may feel uncomfortable because to get a good picture the breast needs to be firmly pressed against the X-ray plate. The radiographer will take four images. In total your appointment should be no longer than seven minutes long.
Why does the mobile not come to my town anymore? I have not changed GP practice.	The service strives to find a suitable location for our mobile unit. Unfortunately we are not always granted permission or for other reasons have to park the mobile in a different place.

