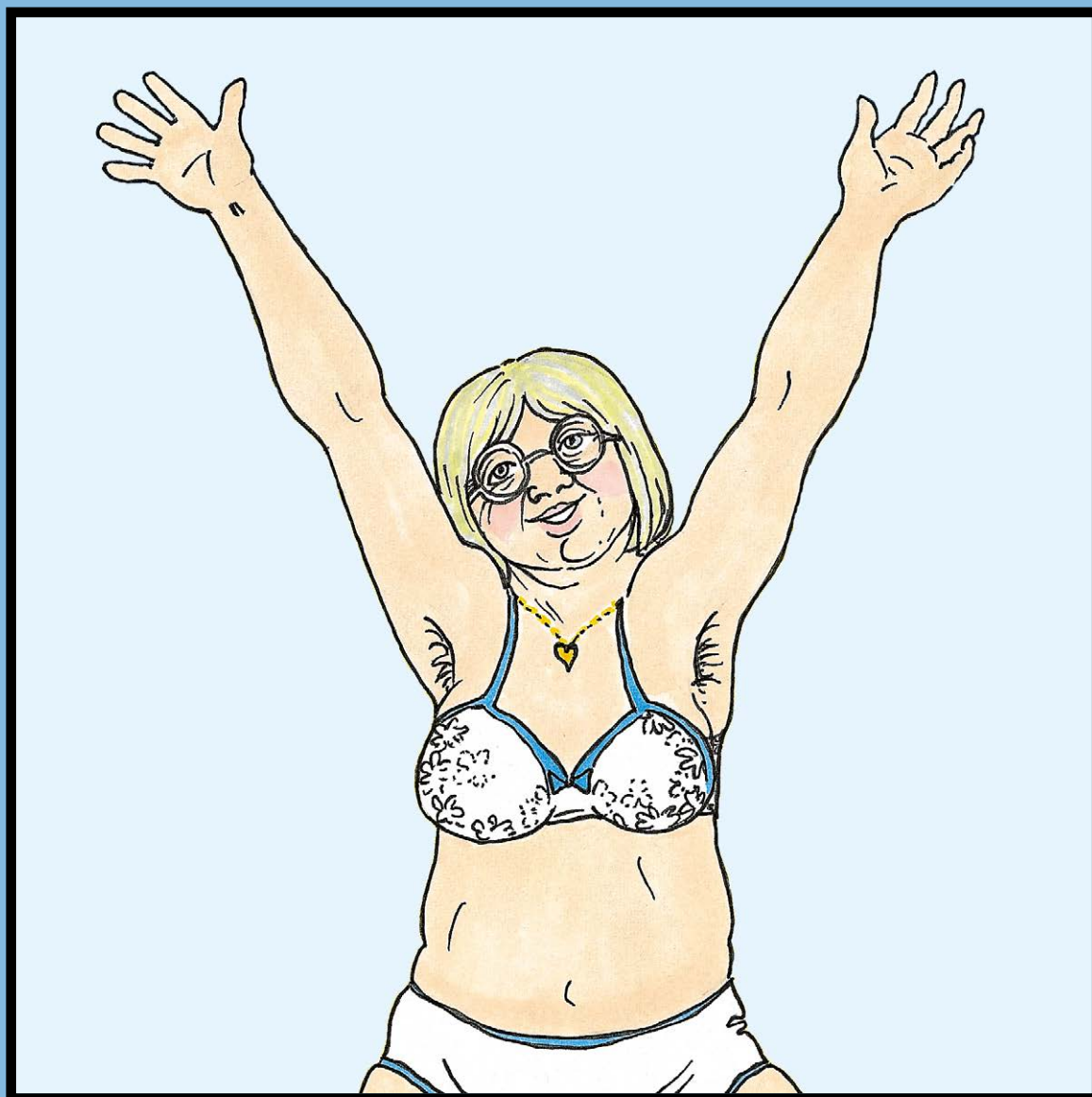


An Easy Guide to Breast Screening

Illustrated by Beth Webb

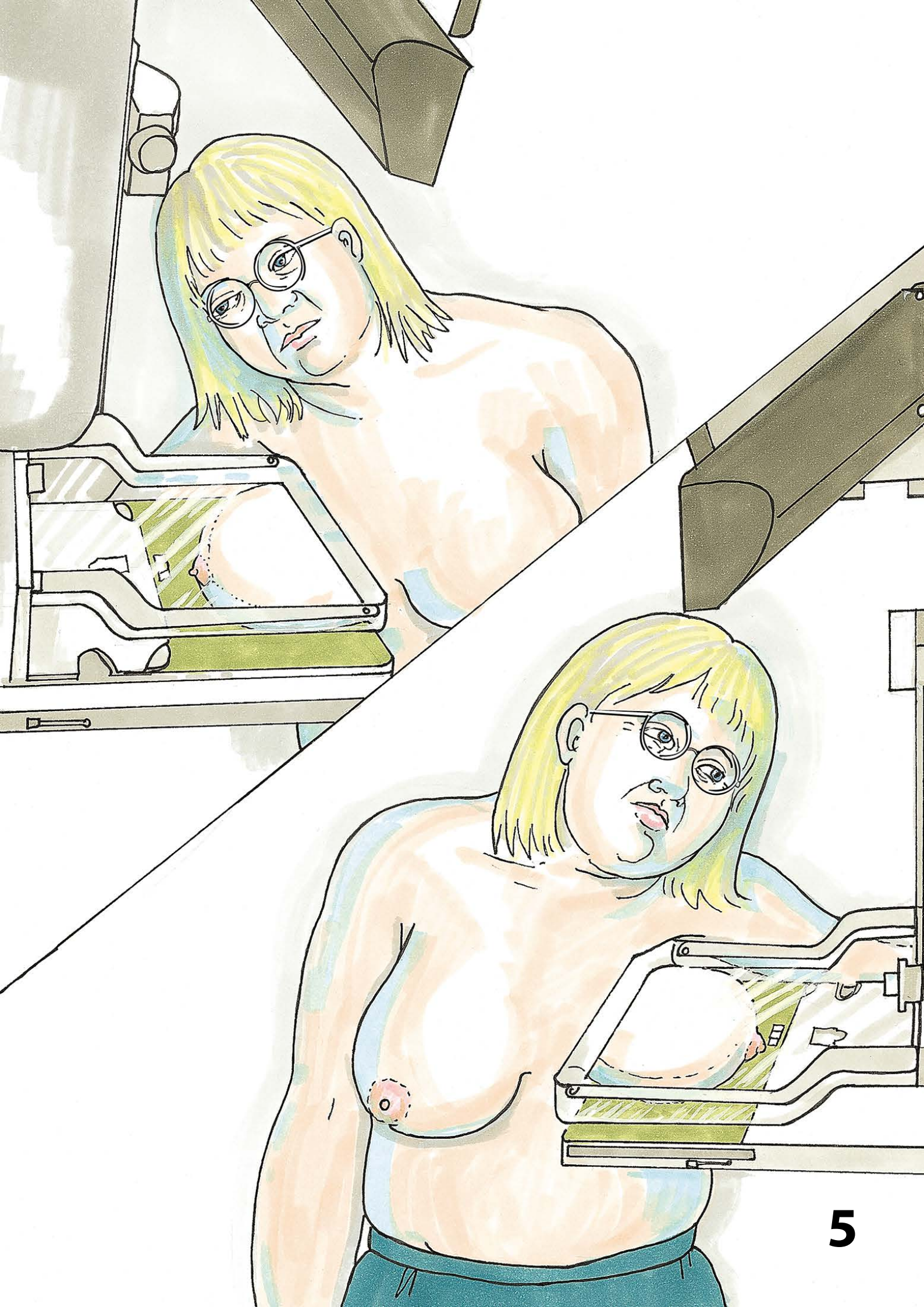
















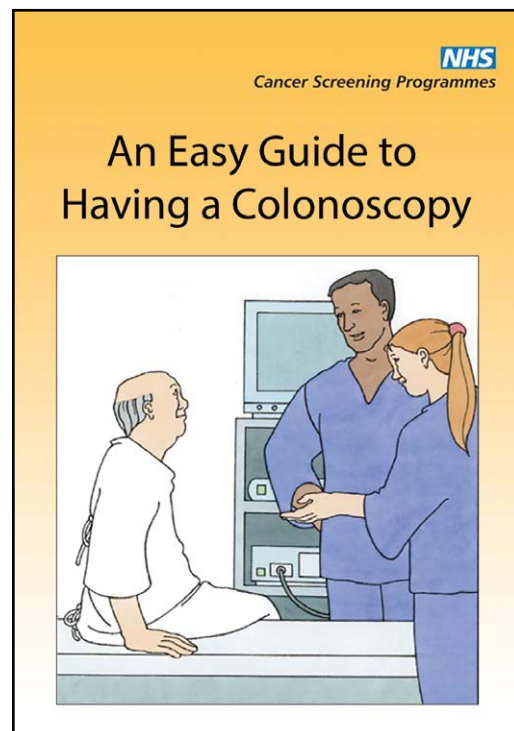
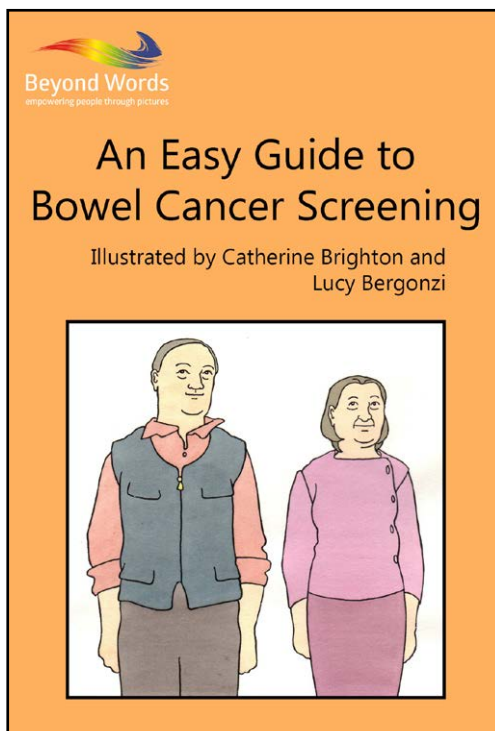
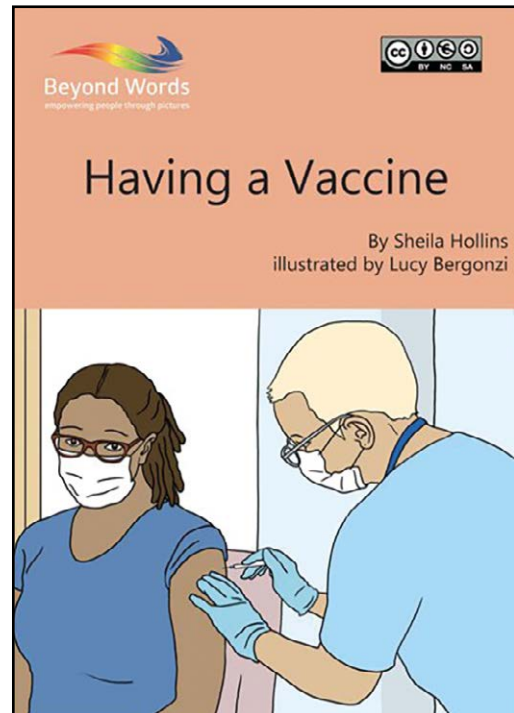
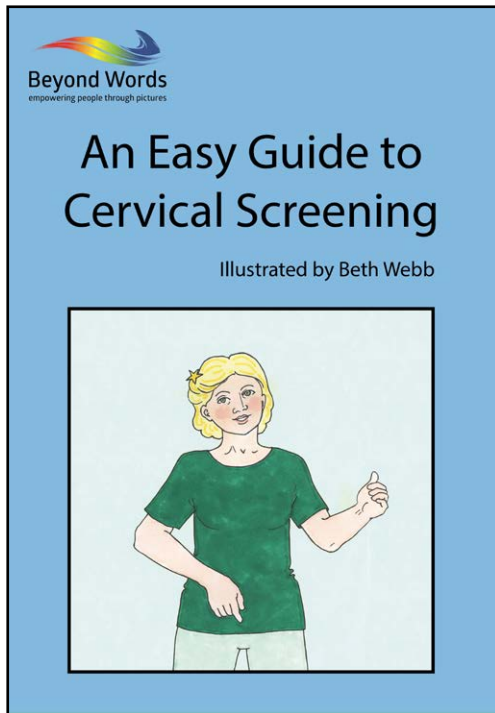


A suggested storyline

1. Women aged between 50 and 71 are invited to have breast screening every three years. This leaflet will help you to share any worries you have, and to know what to expect. Breast screening is a way of checking for breast cancer.
2. You will be sent a letter about breast screening. If you need any extra help, or you are in a wheelchair, then you should arrange a special appointment with the breast screening unit.
3. You can decide if you want to go for breast screening.
4. Breast screening means having x-rays called mammograms.
5. The x-ray machine can be uncomfortable or painful for some women. You will have to keep very still while the x-ray is taken but it is only for a few seconds.
6. You will be sent a letter about the results of your x-rays. You don't have to come again for three years if your x-rays are OK. If something unusual is found on your x-rays, you will be asked to go back to the breast screening unit for some further checks.
7. You can ask someone to tell you more about breast screening.
8. If you are worried about anything then don't wait for an appointment, talk to your doctor.

A picture book called **[Looking After My Breasts](#)** gives more information about breast screening. The book can be ordered from the publisher, Beyond Words:

www.booksbeyondwords.co.uk



Find these and other free health resources here:

www.booksbeyondwords.co.uk/resources-dl/#health

How to read this leaflet

You can read this leaflet on your own, with another person or in a group. It is not necessary to be able to read or to speak any words at all.

You don't have to read the whole leaflet – sometimes one picture is enough.

Encourage the reader to turn the pages themselves. They can say what is happening in their own way – with words, signs, or facial expressions. Whether you are reading the leaflet with one person or with a group, encourage each person to say what they see in their own words. You will discover what each person thinks is happening, what they already know, how they feel. Their interpretation tells you about their life experience. If they don't understand what is happening in the pictures, you can use information from the provided storyline if it's helpful.

Some people will read the pictures without any problems. If a picture is more difficult, it can help to prompt with open questions, gradually going deeper into the meaning, for example:

- I wonder who that is?
- I wonder what is happening?
- What are they doing?
- I wonder how they are feeling?
- Have you felt like that?
- Do you check your breasts, like in this story?
- Do you know someone who has been to the doctor because of a lump, or pain in their breasts?

You don't have to read the whole leaflet straight away. You can read it together more than once, or give it to the person you are reading it with, so they can read it again on their own.



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Further information about the Books Beyond Words series can be obtained