



Breast Screening

Your visit to the breast
assessment clinic



States of Guernsey
Hospital Services

What is the aim of this leaflet?

You recently attended a routine breast screening and have now been asked to come for a second visit at the Breast Assessment Clinic for some specialist tests. We understand that you may be worried and hope that this information will help to relieve/reduce some of your anxiety and to help you understand why you need to come for a second visit.

Why have I been asked to come for a second visit?

Breast screening is sometimes undertaken in two stages, so it is not unusual to be invited back for a second visit. The Radiologist has reviewed the results of your mammogram and has advised that you come into the assessment clinic for a second visit. This is to examine your breast in more detail to find out if there is anything wrong and to have more tests done. Details of the specific reason will be given to you when you attend the clinic; this does not necessarily mean you have a serious abnormality.

90% of women who attend an Assessment Clinic will be told **no signs of breast cancer** were found.

What kind of tests might I have?

You may have some or all of the following tests depending on the results of your initial mammogram:

- a repeat mammogram (breast X-ray) – to look at the area requiring further investigation;
- a breast ultrasound – a painless scan which shows a picture of the tissues within the breast in more detail;
- a clinical breast examination – where a doctor or nurse will look and feel for any changes to your breasts.

Further tests may include:

- A core needle biopsy – a small sample of breast tissue may be taken with a needle to be checked under a microscope. This is carried out under local anaesthetic which numbs the area.
- Fine needle test – a few cells may be removed from your breast with a very fine needle and examined under a microscope in the lab. This test is similar to having blood taken.

If required, the Assessment Clinic professional will discuss this with you.

The Radiologist will decide which tests are appropriate for you and a full explanation will be given to you on the day.

What happens at the breast assessment clinic?

Your assessment will be done at the Breast Unit at a time and date detailed in your appointment letter.

You will be seen by a radiologist and radiographer who will show you the X-rays you had at your routine screening. They will explain in more detail why you were asked to come back for more tests and what's going to happen during the assessment.

Although each assessment only lasts a few minutes, your visit to the breast clinic may take several hours so that all the necessary tests can be carried out. You are welcome to bring a friend or a family member with you.



Your results

Depending on the results of your additional tests you may:

- Be reassured that everything is well and we will invite you for your next screening in 2 years' time. You will be informed of this at the time of your visit and this will be confirmed in writing shortly after.
- Require earlier screening, for example in one year's time.
- Require excision of an abnormality for diagnostic purposes.
- Require further treatment. If this is necessary you will be referred to the Consultant Breast Surgeon who will talk to you about your diagnosis and treatment options.

All imaging from the second stage screening is reviewed by a further doctor and your results will be confirmed in writing. Very rarely you may be recalled for third stage screening.

Please feel free to ask any questions if there is anything you do not understand.

Please remember that the majority of women who are recalled will leave the Breast Screening Unit with a normal result and will not require any further investigations until they attend in 2 years for their routine screening mammogram.

When breast cancer is found early, the cancer is more likely to be small, which is when treatment is most successful.

How can I stay breast aware?

It is important to keep breast aware including between breast screening appointments, as you can develop breast cancer at any time. Being breast aware is as easy as TLC:

- 1 Touch** and feel your breasts regularly. Can you feel anything unusual?
- 2 Look** for changes. Is there any change in shape or texture?
- 3 Check** with your GP straight away if you notice anything unusual and attend breast screening if invited.

Symptoms to look out for

Look for...



A change in size or shape of your breast.



A change to the nipple, such as crusting, an ulcer, redness or an inversion.



Nipple discharge that occurs without squeezing.



A change to the skin of your breast, such as redness or dimpling.

Where can I get more information?

If you have any questions or would like further information on breast cancer or breast screening:



Speak to your GP



Contact the breast screening unit on **223730**

Further information on breast screening can be found at:

gov.gg/screening

pinkladies.org.gg

gov.gg/healthyliving

cancerresearchuk.org/about-cancer/breast-cancer

Feel for...



A new lump or lumpiness, especially if it's only in one breast.

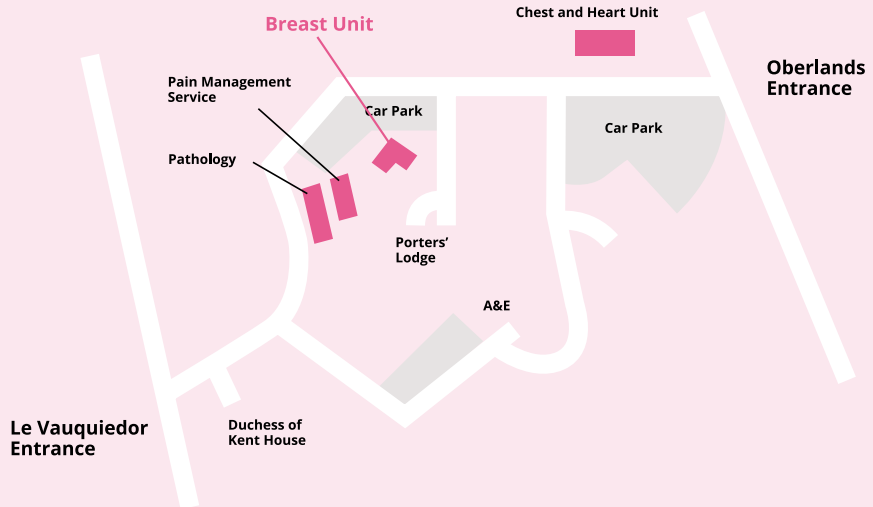


An unusual pain in your breast or armpit that doesn't go away.



Please remember that anyone of any age worried about any unusual symptoms such as lumps, pain or nipple discharge should contact their GP immediately.

Where to find us



Thank you for taking the time to read this leaflet. If you have any questions, or if there is anything you do not understand about this leaflet, please contact the Breast Unit on 223730 (8.30am to 5pm Monday to Thursday and 8.30am to 1pm Friday)

Your information will be processed fairly and lawfully and in line with the Data Protection (Bailiwick of Guernsey) Law, 2017.

TLC information adapted from Breast Cancer Now leaflets



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