

## Going for a Breast Screening

Take the lead in your own health care





This booklet is about going for breast screenings so you can live a long, healthy life.

Looking after your health helps you feel happy and strong and means you are less likely to get ill.

**You have the power!**



## Pictures

In this booklet we show pictures of naked bodies and private parts.

We know this can sometimes make people feel a bit embarrassed or uncomfortable.

It is important to show pictures to help people understand our different body parts.





Sometimes people with a learning disability and autistic people don't get the same good health care as everyone else.



Going for your screenings helps you take the lead in your own health care.



## Going for a Breast Screening

At the age of 50 and older some people get invited to a breast screening. This is called a **mammogram**.



This is a test you can have every three years. You have this test even if you feel well.

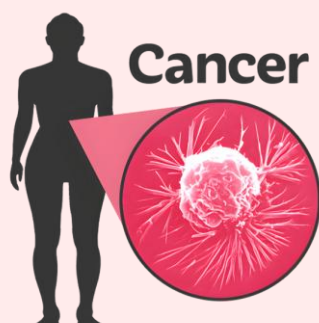


This test is for women, but other people may also need a mammogram.



The mammogram uses a machine to take an x-ray of your breasts. This is type of photograph that can see inside your body.

This checks your breasts are healthy on the inside. It can see if there changes inside your body.



Sometimes the cells inside our bodies can change and grow into a lump that could be cancer.



This is why it is important to get the mammogram every three years.



**How do you know when to go for a mammogram?**

Women who are aged over 50 will get a letter inviting them for a screening.





Or if you use the NHS app on your phone it will send you a message.



### **What if I do not have an invite?**

If you are older than 50 and think you need a mammogram, you can contact your doctor and ask about this.



And remember – you can tell them about your needs or reasonable adjustments.



Such as taking someone with you, or an afternoon appointment.



Once you have had your first breast screening you will be asked to go again every three years.



## Where will this happen?

Most people go for their screening in a mobile unit. This is like a big caravan.

Sometimes they are in places like supermarket car parks.



Because these mobile units have stairs, they are not suitable for people who use wheelchairs and walkers.



If you cannot go to a mobile unit you can go to a hospital for your screening instead.



## What happens at the screening?

The person who does the check is a woman. Her job is **radiographer**.



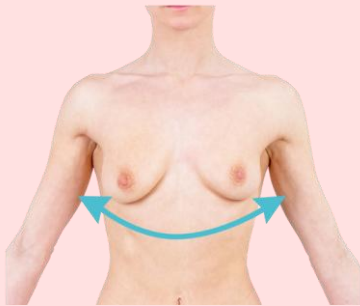
Hello,  
I'm Ann

The radiographer will be kind and tell you what to do.

She will ask for your name and date of birth.



This is a picture of the machine that takes the x-ray of your breasts.



The lady will ask you to take your top and bra off so the top part of your body is naked. This is done in private.

Then the machine is used to check one breast at a time.



The radiographer tells you how to get everything in the right place. She will help you.

Breast  
goes here



The machine is a bit like a photocopier.  
You put your breast on a glass tray.

Then a plastic lid presses down on top  
of it to take a picture.



This can feel tight and uncomfortable,  
but it only takes about 5 seconds.

You do this two times for both sides.

Then you get dressed and go home.

It will all be done very quickly!



## After the screening

You will get a letter that tells you what  
they saw in the x-rays.

The letter will come about 3 or 4  
weeks after the screening.







If you need a phone call to tell you your results, please tell them before your screening. Some people prefer a phone call to a letter – this is a **reasonable adjustment**.



The letter or phone call will tell you if everything looks normal or if you need some more tests.

If you are told to go for more tests, try not to worry.



Sometimes they need to do another mammogram if the first pictures were not clear enough.

And sometimes they see signs of changes and want to do more tests.



If you need to go for more tests, try not to panic. Someone will talk to you about what happens next.



## What if I need to have more tests?

If you are asked to go for more tests it is important that you have these.

Sometimes we get lumps and bumps that are not cancer.

Sadly, lots of people do get cancer.

If you find out you have cancer it is good to find it early before it grows big.



Then the doctors can give you treatment.



It is important to get help straight away. If you leave it a long time the cancer will get bigger.

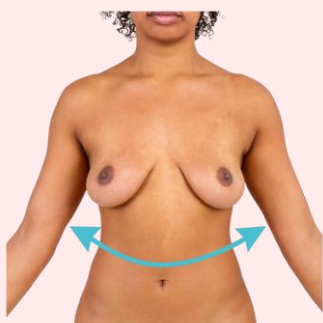
Finding cancer early means you have a better chance of getting well again.



## **Remember - check your chest**

Keep checking your own body.

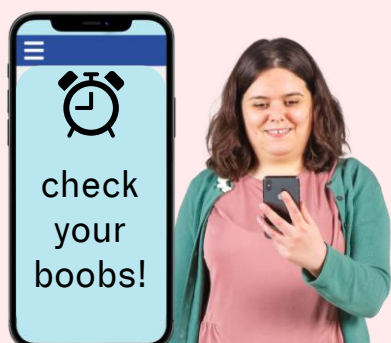
Checking your breasts or chest is not just for women, it is for everyone.



You are the best person to check your own body and know what is normal for you.



If you notice anything different, or have pain, tell your doctor and make an appointment.



Make this part of your routine. You could put a monthly reminder on your phone or in your calendar.



## Things to Remember

We can all live a healthy lifestyle by:



Eating healthy food and drinking water



Not having too much alcohol



Trying not to smoke or vape



Getting plenty of exercise



Protecting our skin with sunscreen



Checking our own bodies



Going for health checks



Having fun and doing hobbies that make us happy



**You have the power to check your own body and live well for longer!**



## Other information

If you want more information about things we have talked about in this booklet, here are some links to click.



NHS video – [How to check your breasts](#)

Ace Anglia – [Know your body, know your breasts](#)



Avon Breast Screening Video –  
[Do the test – GO FOR IT!](#)

CoppaFeel – [know your chest](#)



This booklet was made by a group of autistic people and people with learning disabilities in West Yorkshire in 2025.



We did this with **Inclusion North** and people who work in health care.

West Yorkshire  
Health and Care Partnership



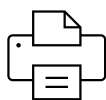
It was supported by **West Yorkshire Health and Care Partnership**.



We have made other booklets and videos that help us take the power and look after our health. Go to this website link:

[www.inclusionnorth.org](http://www.inclusionnorth.org)





## What helps you?

Print this page to make a list of your **reasonable adjustments**. These are things that help you feel comfortable.

Use this when you have appointments such as doctors, hospitals and dentists.

### I need...

☐

To bring someone with me

☐

Easy words

☐

Don't rush me

☐

A quiet waiting room

☐

A longer appointment

☐

A morning appointment

☐

An afternoon appointment

### Write your own list here

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