



PENNINE BREAST SCREENING



Aim of Promoting Breast Health

- To increase breast health awareness and early detection of warning signs of cancer
- To encourage breast screening uptake
- To improve survival rates in breast cancer
- To tackle and reduce health inequalities



Breast Imaging Services

- **Symptomatic** – patients of any age referred from the GP
- **Screening** – women called automatically if registered with a GP.



Breast Screening Programmes

- PENNINE -Covers Bradford, Airedale, Calderdale, Kirklees and parts of North Yorkshire
- Invites well women age 50 – 70 years every 3 years
Age extension 47-73 been rolled out
- National target of 70% uptake



Breast Cancers Detected

Number of women screened last year in our BSU was about 60K. **330** cancers were detected. Separately **230** breast cancers were diagnosed in women presenting at our One Stop Clinic, ie a Symptomatic clinic, in Bradford district alone.

Estimated that NHS breast screening saves 1400 lives per year in the UK.(ie life extended by 10 years)



A real woman having a mammogram

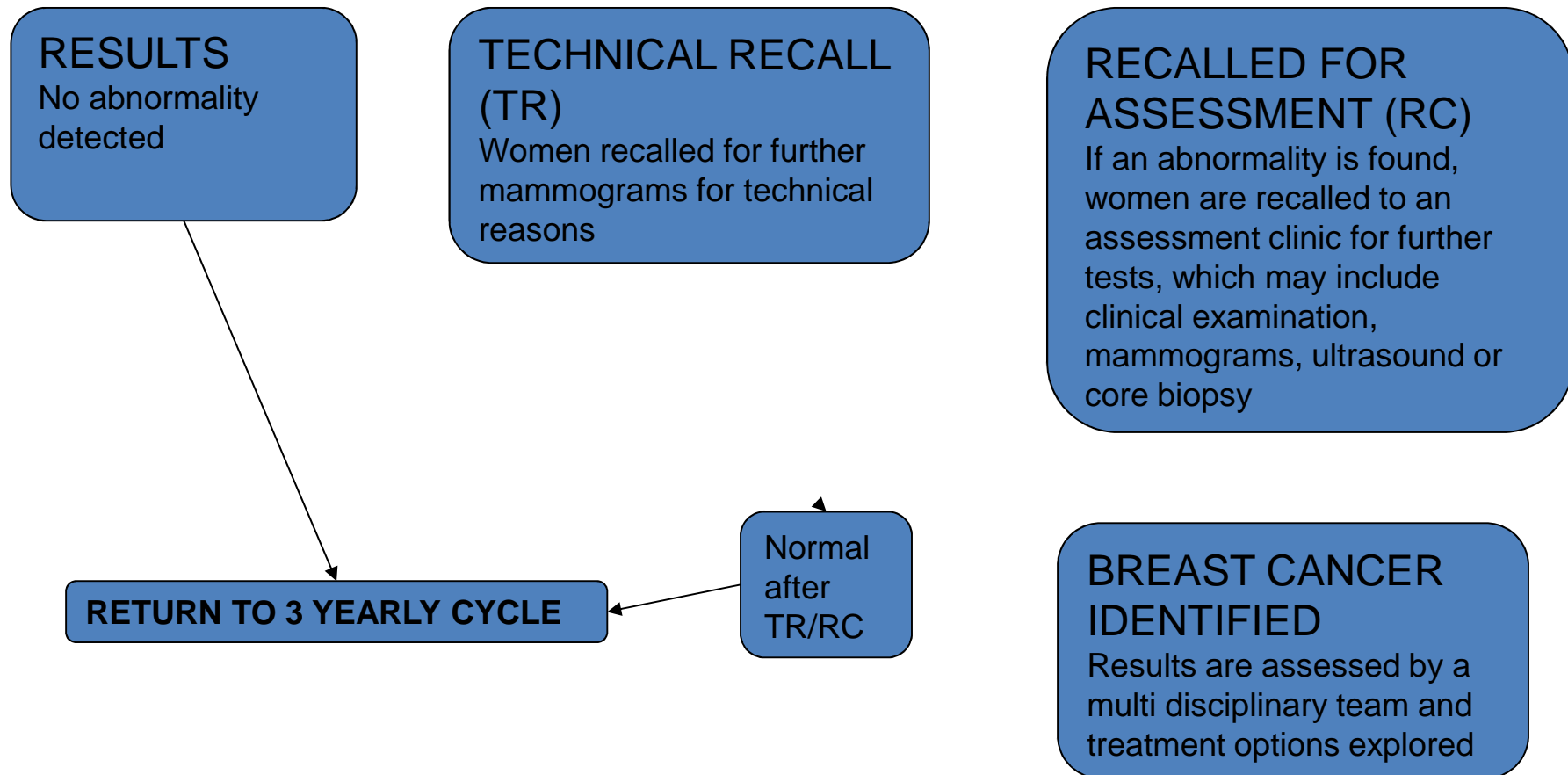
- <https://www.youtube.com/watch?v=b4jZbDLtlOQ>



Tour of a Mammography Machine

- <https://youtu.be/5dNTPG4PI2o>

Screening Pathway



Main Risk Factors

- Being female



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- Being female
- Getting Older



Main Risk Factors

- Being female
- Getting Older
- Family History only about 4-5% though
 - Many breast cancers are Oestrogen dependant hence women more at risk than men



Risk of Developing Cancer

80% occur in women 50+

RISK UP TO AGE 25	1 IN 15,000
RISK UP TO AGE 30	1 IN 1,900
RISK UP TO AGE 40	1 IN 200
RISK UP TO AGE 50	1 IN 50
RISK UP TO AGE 60	1 IN 23
RISK UP TO AGE 70	1 IN 15
RISK UP TO AGE 80	1 IN 11
RISK UP TO AGE 85	1 IN 10
LIFETIME RISK	1 IN 8



Possible Risk Factors

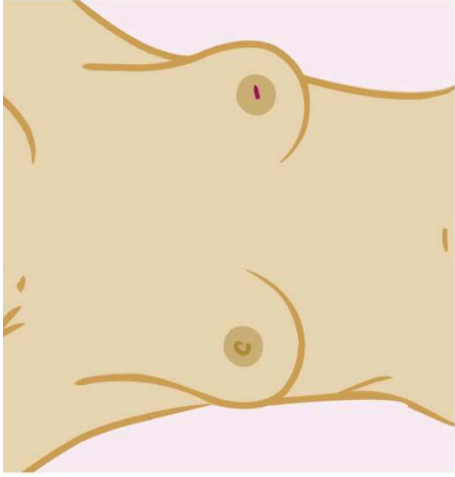
- Hormone Replacement Therapy
- Contraceptive Pill
- Drinking more alcohol than the recommended amount
- Being overweight (after 50)/high BMI
- Smoking



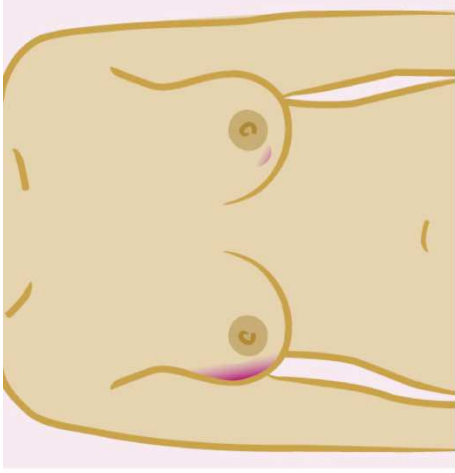
Risk Reducing Factors

- Exercise, being fit
- Having children
- Having children before 30
- Breastfeeding
- Normal BMI/healthy eating +weight

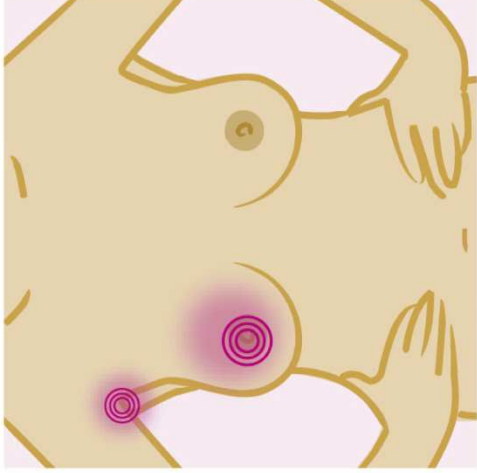




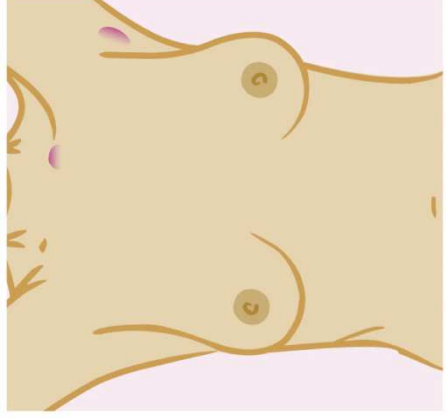
If your nipple becomes inverted (pulled in) or changes its position or shape



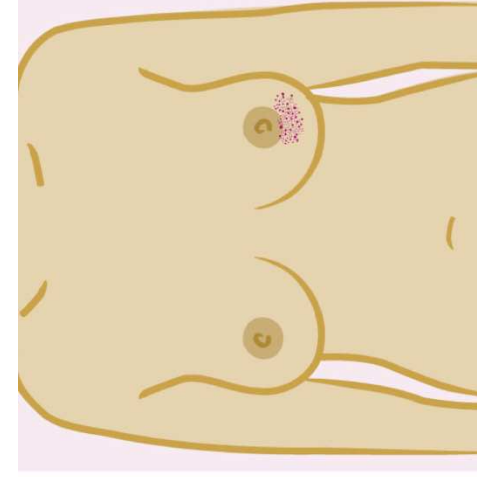
A lump or thickening that feels different from the rest of the breast tissue



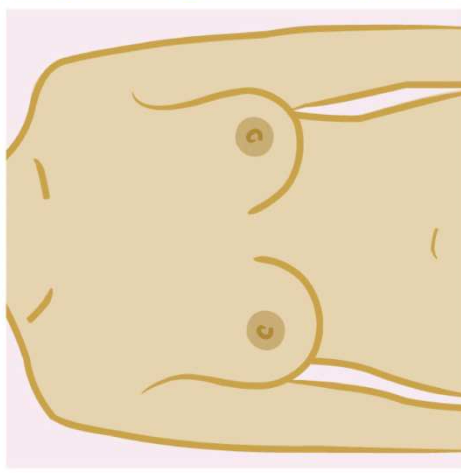
Constant pain in your breast or your armpit



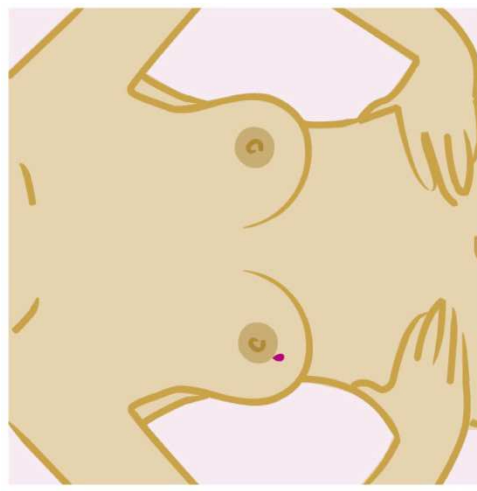
A swelling in your armpit or around your collarbone



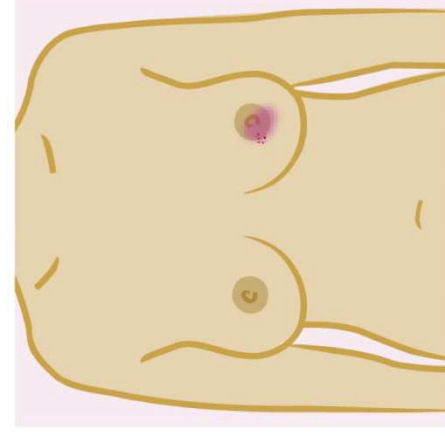
A change in skin texture such as puckering or dimpling (like orange skin)



A change in size or shape



Discharge (liquid) from one or both of your nipples



Redness or a rash on the skin and/or around the nipple

WHAT BREAST CANCER CAN LOOK & FEEL LIKE

Recognize something? Don't panic, some changes are normal. But if it stays around be smart—show a doctor.



"A cancerous lump is often hard and immovable, like a lemon seed."



If you find new changes like this that stay around, show your doctor.

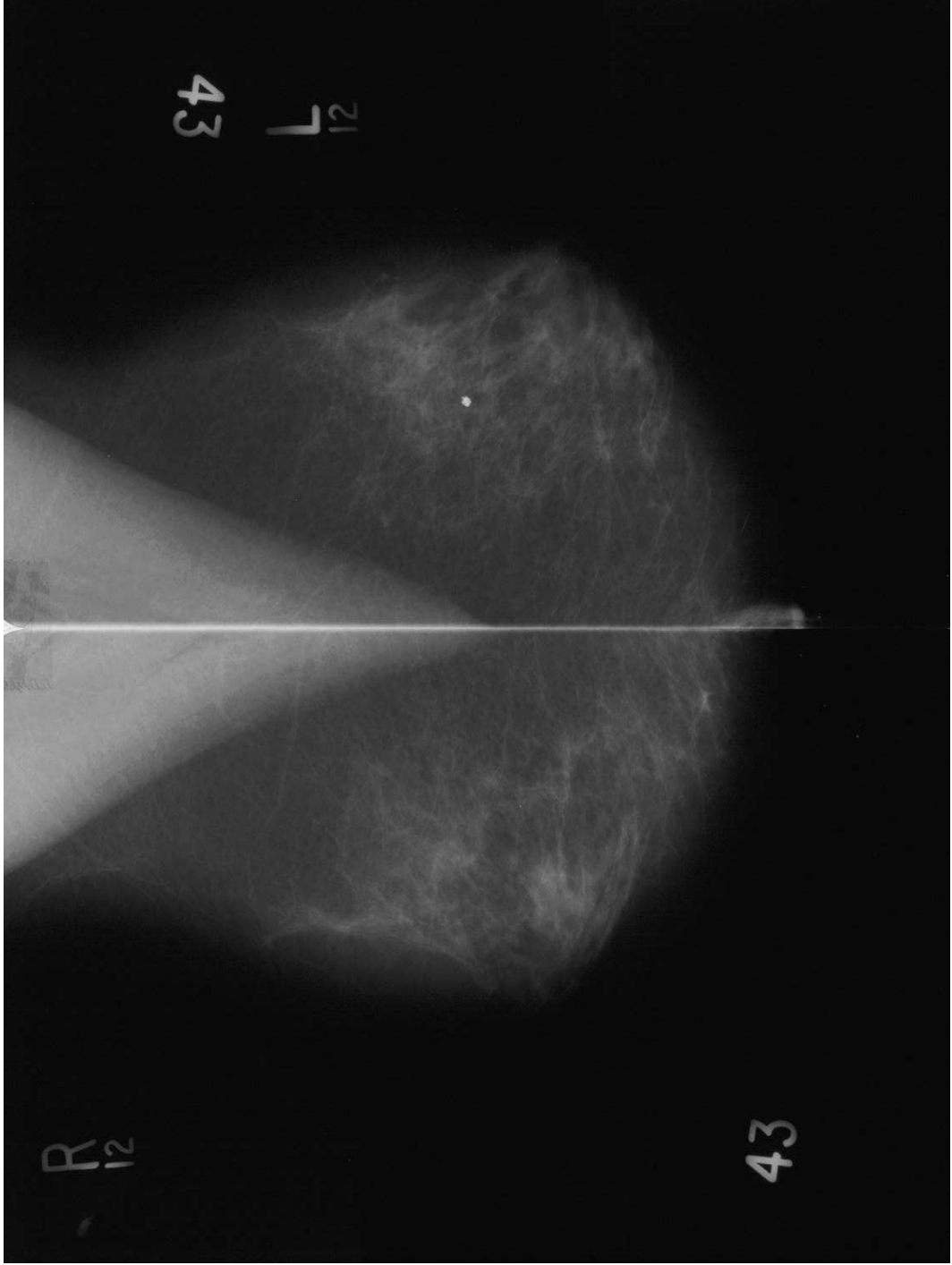
knowyourlemons.com



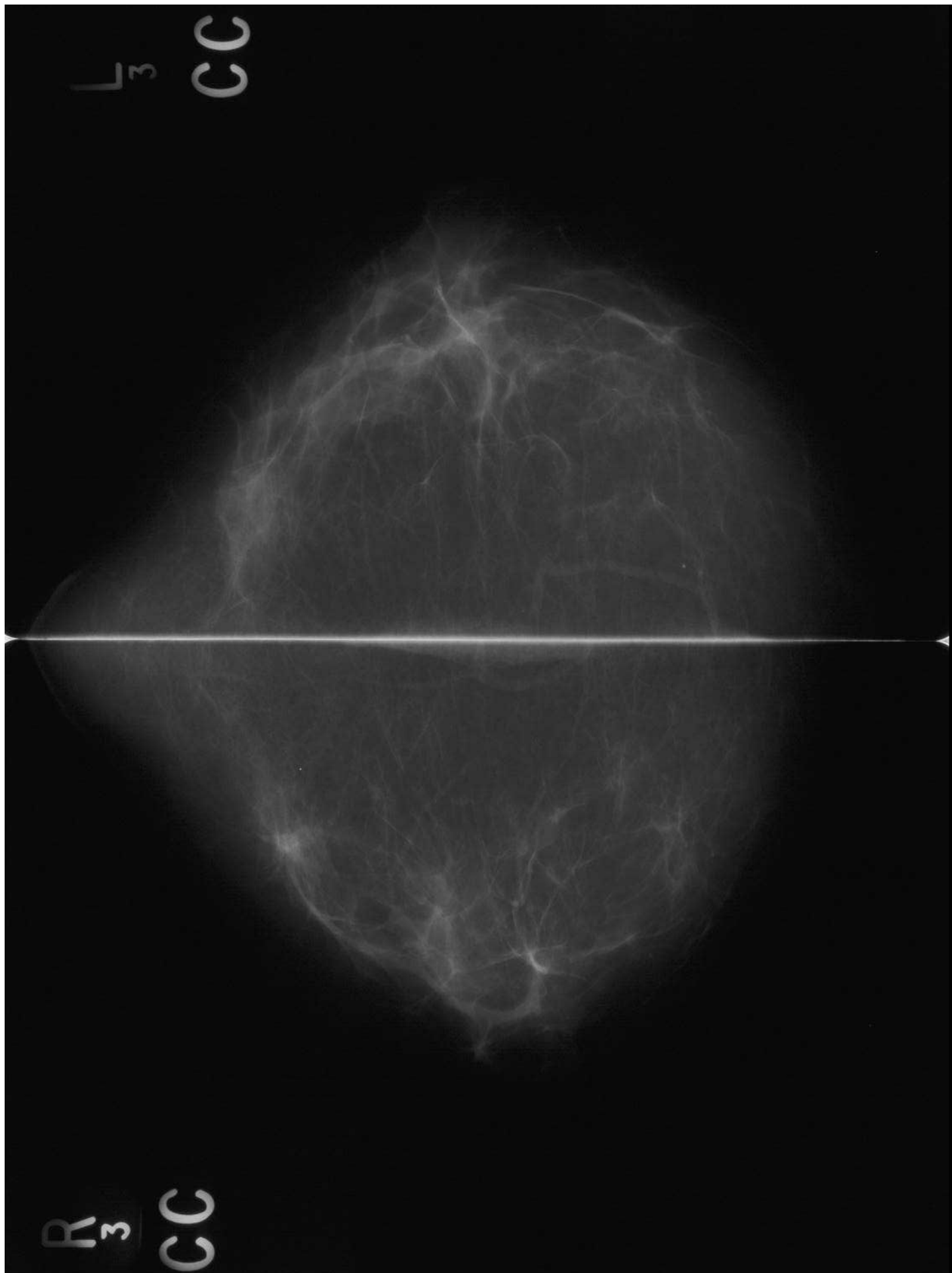
Barriers

- Lack of awareness that risk increases with age
 - Lack of awareness of what is normal
 - Fatalistic view and anxiety re finding something
 - Not used to concept of screening / don't recognise value of it
 - Don't believe they are at risk
 - Importance of first attendance/stories you've heard/word of mouth/SoMe
 - Inconvenient time / location
 - Other commitments: work/ family
-





L₃ CC



R₃ CC

Contact Details

Pennine Breast Screening
Bradford Teaching Hospitals NHS Foundation Trust

Tel: 01274 365524

bth.PennineHP@nhs.net

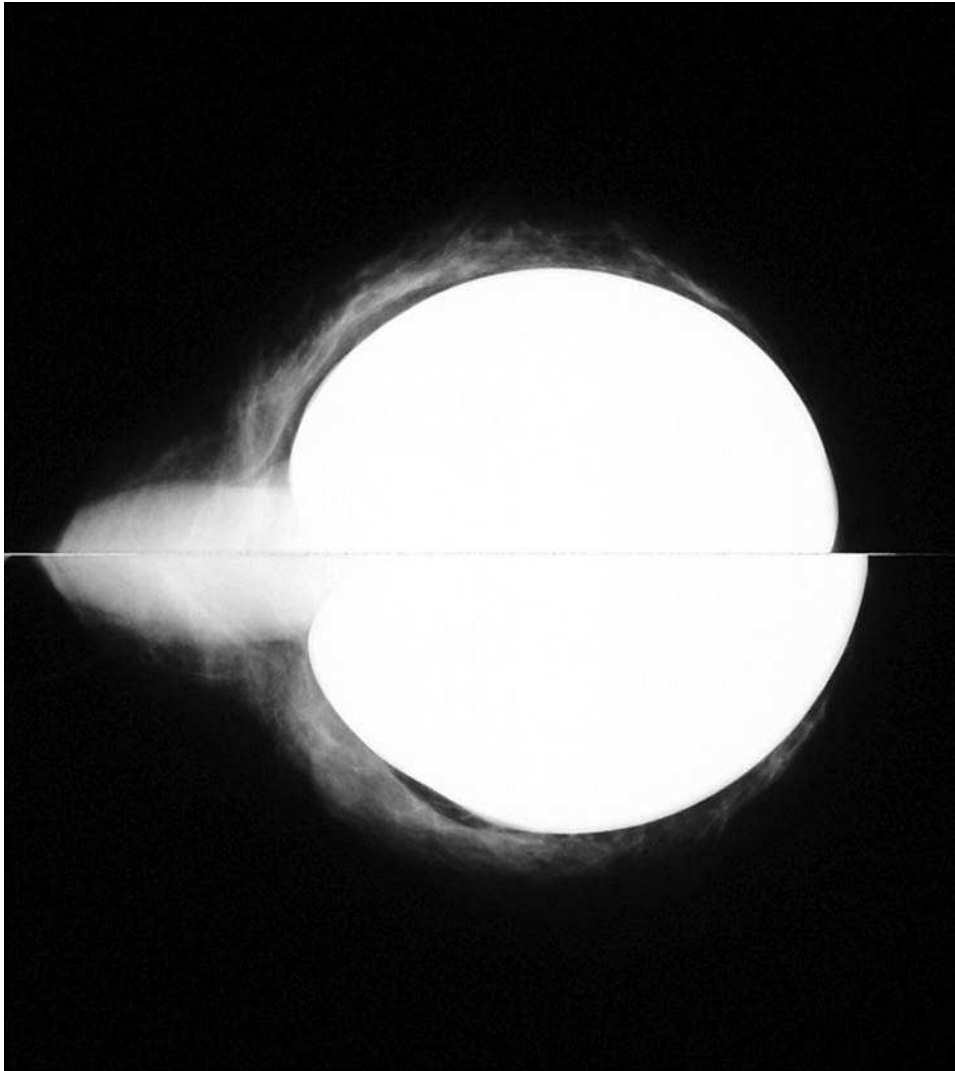
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Resources available from

www.nhs.uk/breast www.wommen.org.uk

 Bradford and Pennine Breast Screening





What you can do.

***Talk about it**

***All staff are female**

Ask you friends how they got on

Have they attended?

Share good stories and information

Share on social media when you are happy
it is a not mis-information!

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