

## **Breast Cancer Screening: Supporting Your Health**

Breast cancer screening is an important part of routine healthcare, and in England the NHS offers regular mammograms to help detect any early changes. Early detection can make a meaningful difference, and attending your screening appointment is a simple step that supports your long-term wellbeing.

### **Who Is Invited for Screening?**

In England, if you're registered with an NHS GP, you'll automatically get your first invitation for breast screening between the ages of 50 and 53. You'll then be invited every 3 years until your 71st birthday. If you're transgender or non-binary and you would like to be invited for breast screening, ask your GP surgery for advice.

If you've received an invitation, we encourage you to attend when you can.

If you're over 71, you can still arrange a screening appointment every three years by contacting your local screening service directly.

### **What to Expect at a Screening Appointment**

A breast screening appointment usually involves a mammogram, which is a quick X-ray of the breast. The appointment itself is typically brief, and the screening team will guide you through each step. Many people find the experience straightforward, and the staff are there to support you throughout.

### **Booking or Changing an Appointment**

If you live in our area and need to book, change, or check a breast screening appointment, you can contact the **West London Breast Screening Service** directly:

**West London Breast Screening Service** 020 3758 2024 or click <https://www.london-breastscreening.org.uk/West-London> to be taken to their website.

They can help with appointment queries, accessibility needs, or general information about the screening process.

### **Looking After Yourself**

Screening is just one part of caring for your health. If you notice any changes in your breasts at any time—such as lumps, changes in shape, skin changes, or anything that feels unusual for you—it's important to speak with a healthcare professional. Most changes are not caused by cancer, but it's always best to get them checked.

### **We're Here to Support You**

If you have questions about screening invitations, letters you've received, or anything else related to your health, our practice team is always happy to help.

Dr Maya Chowdhury

