

# Bolton, Bury, & Rochdale Breast Screening Service



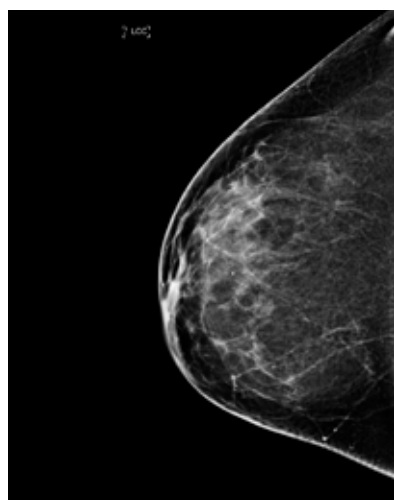
**Welcome to the  
Christmas Edition  
of our quarterly  
newsletter!**

## Breast screening

Breast screening is offered to women aged between 50 to 71 years of age, every 3 years. Ladies over the age of 71 will not be sent an appointment automatically, however they can self-refer if they haven't been for a mammogram for 3 years or more by contacting our office on:

**Tel: 01204 390454**

**Email: [bsu@boltonft.nhs.uk](mailto:bsu@boltonft.nhs.uk)**



Credit: National Cancer Institute,  
National Institutes of Health



## What is a mammogram?

A mammogram is a breast x-ray. During your appointment, you will be asked to undress to the waist and stand in front of the mammogram machine. Your breasts will be placed one at a time on the x-ray machine. The breast will be pressed down firmly on the surface by a clear plate. At least two pictures of each breast will be taken, one from top to bottom and then a second from side to side to include the part of your breast that extends into your armpit. You will need to stay in this position while the x-ray is taken. You may find it uncomfortable but it only takes a few seconds and the compression doesn't harm the breasts.

Some people worry about the amount of radiation used in mammograms. However, they only deliver a very low dose of radiation (you'd receive a similar amount from flying from London to Australia and back).

For more information about the breast screening process which is available in a variety of languages, scan this QR code:





## Let's meet a member of the Breast screening team...

### Hello, I'm Deirdre Forrest

**Q. What's your role in the breast screening department?**

**A.** I'm the Programme manager / Operational lead.

**Q. What's your favourite food?**

**A.** I love tapas accompanied by a jug of beer.

**Q. What's your favourite drink?**

**A.** Vodka & tonic, with ice & lemon.

**Q. Do you have any pets? What are their names?**

**A.** I have Meg the sheepdog and Beau the very old cranky cat.

**Q. What do you enjoy doing outside of work?**

**A.** I enjoy socialising with friends as I love a good laugh, going for walks in the countryside and eating delicious food.

**Q. If you win the lottery, what would you do first?**

**A.** I would sort my son and family out first, then buy a huge villa in Portugal.



## Stay connected

We have a Breast Screening Facebook page which can be accessed at:

[www.facebook.com/bbrbreastscreening](https://www.facebook.com/bbrbreastscreening)



You can find out about any events that are taking place as well as when women from a particular GP surgery are due to be screened. This is a great way for our breast screening unit to engage with women and promote awareness of the national breast screening programme across the region. Please feel free to contact us if you have any stories that you would like to share on our page – we'd love to hear from you!

Our webpages have also been updated and will display up-to-date information on our services, as well as when we will be screening across our areas.

To access the website go to:

[www.boltonft.nhs.uk/services/breast-unit/information/](https://www.boltonft.nhs.uk/services/breast-unit/information/)



## Breast screening service welcomes new diagnostic equipment!

We have received **FOUR** new mammography units to help provide the women of Bolton, Bury and Rochdale with a more efficient and accurate screening service.

The importance of regular breast screening was highlighted during October's breast cancer awareness month. According to [www.nhs.uk](http://www.nhs.uk), approximately 1 in 8 women are diagnosed with breast cancer in their lifetime, however, if detected early, there is a much better chance of recovery.

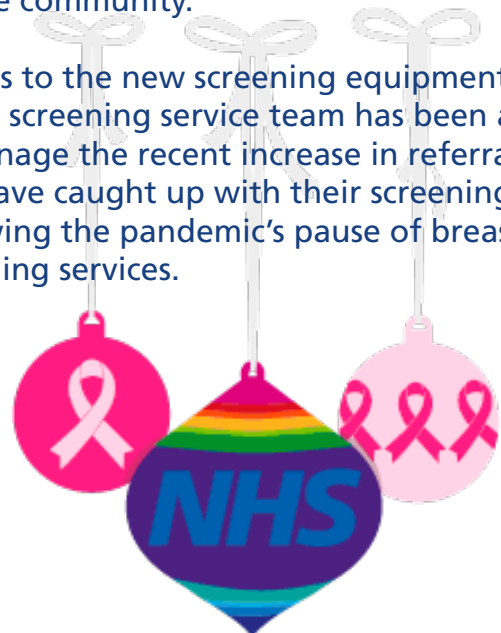
The new mammography units, (machines that provide x-rays that are used to check for breast cancer or abnormalities in the breast tissue) were provided to the Breast screening service via government funding aimed to help replace ageing diagnostic equipment. The new state of the art mammography units will support the local screening service as well as support all of the Breast service's symptomatic referrals to Bolton hospital.

Jane Brooks, Lead Radiographer, Breast imaging at the Bolton breast unit said, "We understand that breast screening can sometimes be a daunting experience so when women come in to access our services, we want them to be as comfortable as possible. The new equipment is ergonomically designed to make the process more comfortable for both our patients and our



staff. They provide excellent quality images for the diagnosis of breast cancer, which helps us to deliver the best service possible for the community."

Thanks to the new screening equipment, the breast screening service team has been able to manage the recent increase in referrals and have caught up with their screenings following the pandemic's pause of breast screening services.

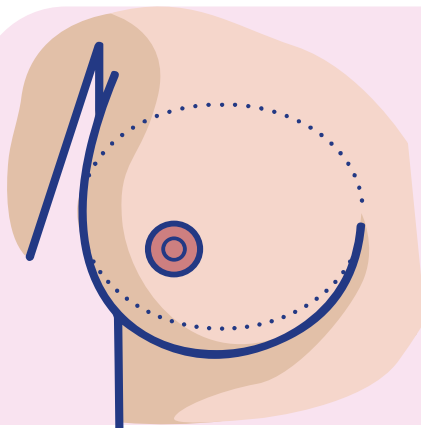


# Be breast aware

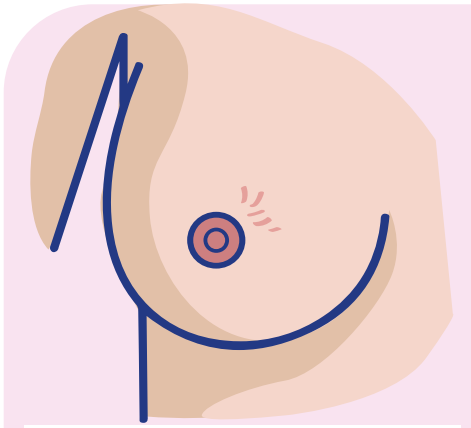
**It's important to check your breasts regularly and see your GP if you notice a change.**

Please check your breasts **every month**. Look out for a lump or thickening in the breast, a change in the nipple, a rash that makes the nipple look red and scaly, or blood or another fluid coming from the

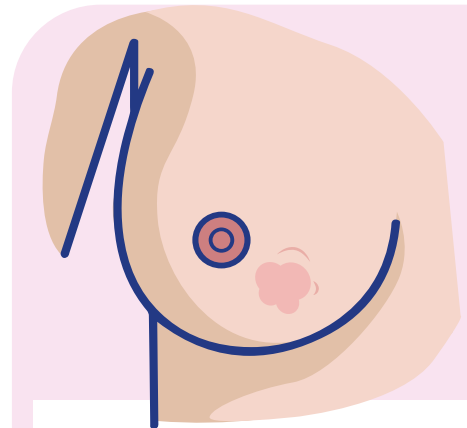
nipple, a change in how the breast feels or looks such as feeling heavy, warm or uneven, or the skin may look dimpled, the size and shape of the breast may change, pain or discomfort in the breast or armpit, a swelling or lump in the armpit. If you notice any changes in between mammograms, you should make an appointment to see your GP straight away.



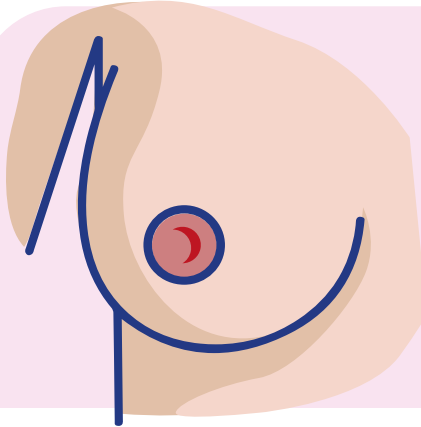
Any changes in size or shape



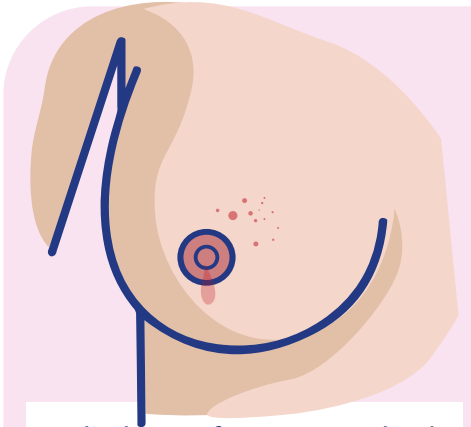
A change in skin texture such as dimpling or puckering



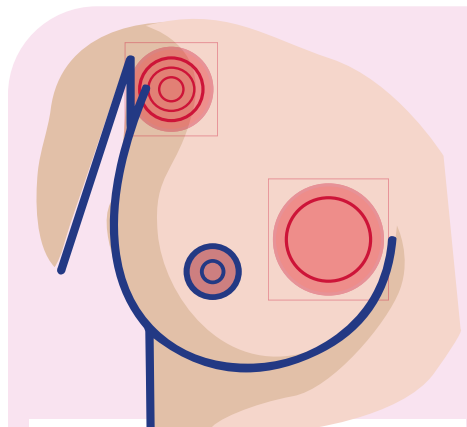
Any lumps or a lumpy area which may not be visible but which can be felt.



Any change to the nipple in appearance or inversion of nipple



A discharge from one or both nipples or any rash or crusting of the nipple or surrounding area



Any pain or swelling in the breast area, armpit or collarbone

Coppafeel have a website containing information on being breast aware and they can even send you a text each month to remind you to check your breasts.

Simply visit [www.coppafeel.org](http://www.coppafeel.org)



## Men can also get breast cancer.



Most men don't realise that they need to be chest aware but it is important for everyone to check themselves regularly. If you have any of the following symptoms, please speak to your GP; a painless lump, inverted or retracted nipple, oozing, bleeding from the nipple, a rash in the nipple area, skin ulcer on the chest, a lump or swelling in the armpit or changes in the size and shape of the chest.

## Moving home?

If you change address, please make sure you inform your GP surgery or your breast screening letter will go to your old address – you don't want to miss your 3 yearly mammogram.



## Early detection saves lives



**BE CLEAR  
ON CANCER**

### All women

- ✓ registered with a GP
- ✓ aged 50 to 71

are invited for  
breast screening  
every **three years**.

Women over 71 will not be called for breast screening every three years, however, you can self-refer by contacting our office on **01204 390454**.

## Have You Been Screened?



**3 IN 10**

Women don't attend  
their free breast  
screening invitations



GP surgeries where women are being screened  
during December 2021/ January 2022 are:

Alistair Ross Medical Centre  
St. Helen's Road Practice  
Bradford Street Surgery  
Stonehill Medical Centre

Fairfax Group Practice  
Whittaker Lane Medical Centre  
St Gabriel's Medical Centre

Kingsway Practice  
Kirkholt Medical Practice  
Dr Bhima's Practice  
The Dawes Family Practice

**Bolton**

**Bury**

**Rochdale**



GP surgeries who will be screening  
over the next few months:

Figtree Medical Practice  
Beehive Surgery  
Farnworth Family Practice  
Little Lever Health Centre

Greyland Medical Centre  
Unsworth Medical Centre  
Uplands Medical Practice

Rochdale Road Medical Centre  
Clough Street Doctors Surgery  
Ashworth Street Surgery  
The Junction Surgery

# Patient Feedback

Regarding the breast screening service

Dear Dr. Harake,  
Thank-you so much for the skill and care your team gave me. I will always be grateful for the gift of a longer life because you and your team gave me such an early diagnosis.

I just wanted to email to thank you for the service your team provided on the 29th January 2021. I was referred here from my GP. The appointment referral was very quick and although it is worrying finding any kind of lump, the staff made me feel at ease straight away. I can honestly say everyone who I had dealings with were so lovely and personable and explained everything (Danielle, Rick, Miss Wright were the only names I could remember). The process was very thorough and thankfully for me it was nothing to be concerned about. Healthcare professionals are under such crazy pressure at the minute, I just wanted to email to say you do a great job even in these crazy times.

Can I please commend the breast screening department for superb work? At my appointment they were quick, direct, gave fantastically clear explanations and were completely reassuring throughout my entire appointment. They clearly worked well together on a personal as well as professional level, gave their complete undivided attention - just what you need with such a referral. Many thanks for making what could have been an awful experience very reassuring.

If you would like to share your feedback with us regarding your breast screening experience, please contact Tracy Collard.

## Our Contact Details:

Tracy Collard  
Cancer Screening Improvement Lead  
Tel: 01204 390454  
Mob: 07867 142583  
Email: [tracy.collard@boltonft.nhs.uk](mailto:tracy.collard@boltonft.nhs.uk)  
[www.facebook.com/BBRbreastscreening](https://www.facebook.com/BBRbreastscreening)

**Bolton Breast Screening Service**  
A Block, Bolton Hospital  
Minerva Road  
Bolton, BL4 0JR  
Tel: 01204 390454  
Email: [bsu@boltonft.nhs.uk](mailto:bsu@boltonft.nhs.uk)

### Other Sites:

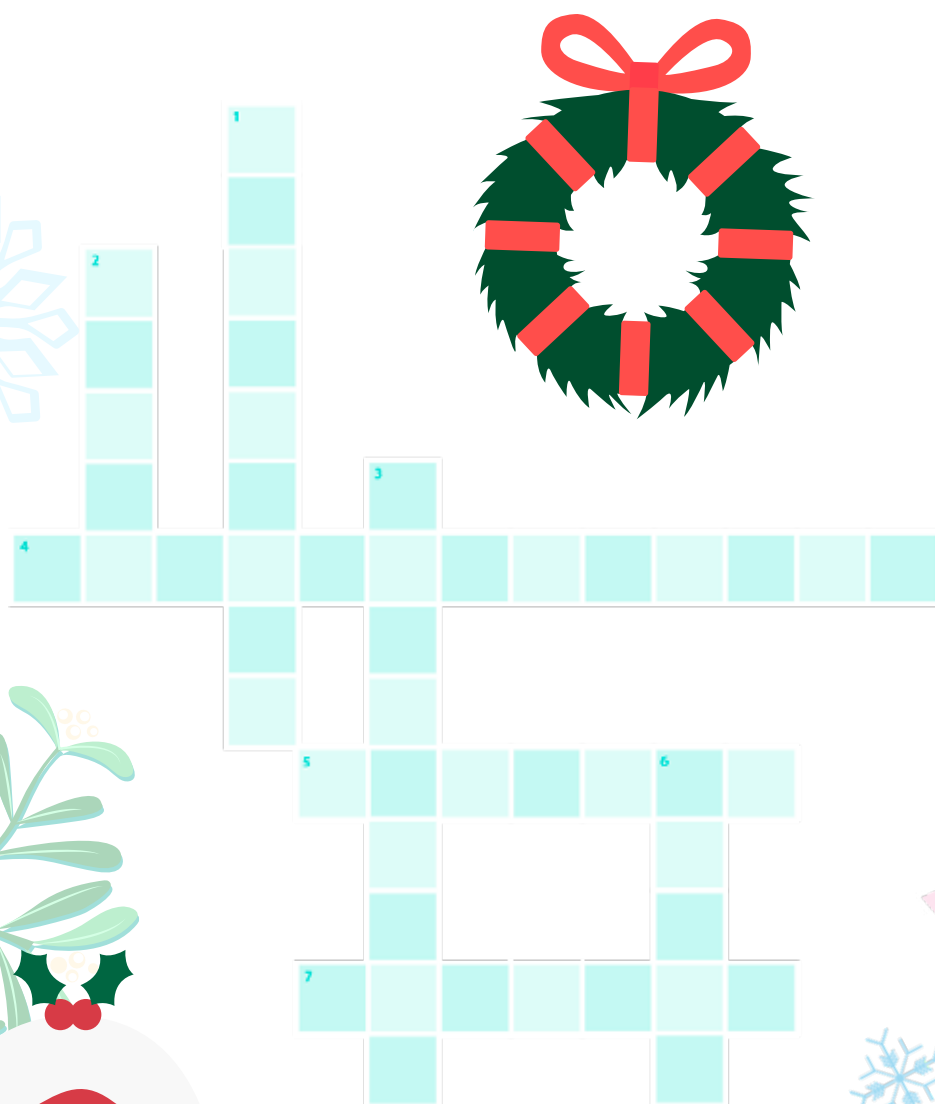
Bolton One (1st Floor)  
Moor Lane  
Bolton, BL3 5BN

Nye Bevan House  
Maclure Road,  
Rochdale, OL11 1DN

Radcliffe Primary Care Centre  
69 Church Street West  
Radcliffe, M26 2SP

# Wishing you all a Merry Christmas!

The next issue of Bolton, Bury, and Rochdale breast screening news will be published in March 2022



## Christmas breast screening puzzle

### ACROSS

4. Where does screening take place in Bolton? (13)
5. How often should you be checking your breasts? (7)
7. As it's Christmas, don't forget to check your ...? (7)

### DOWN

1. What is the name of the organisation who can send you monthly reminders? (9)
2. From what age will women in the UK start to be invited for breast screening? (5)
3. What is another word for breast screening? (9)
6. Breast screening can save ...? (5)

Answers revealed in the next edition!