

Some ladies may feel their breast tissue is rather tender following their mammogram. This is normal and will pass.

You will be invited to attend every three years up to the age of 70. After this age we will ask you to make your own appointment by telephoning

Interpretation and Translation

This leaflet may be made available in a larger print, Braille or your community language.

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**The Scottish Breast Screening
Programme**

South East Division

Thank you for attending today.
Your results will be posted to
you at home in about three
weeks time.

Telephone 0131 537 7400

You will receive one of the following letters...

1. The majority of ladies will receive a letter saying that their **mammograms are clear** and that they will be invited for Breast Screening again in three years time.

OR

2. Occasionally you will be asked to return for a “**technical recall**”. This means that your mammogram is not of adequate quality. This can occur if not all the breast tissue has been imaged or the breast tissue has moved during the mammogram.

OR

3. Your mammogram may be showing an area the doctors would like to image more clearly. You will be invited to attend a **review appointment** at the Breast Screening Centre in Edinburgh.

BE BREAST AWARE

1. **KNOW WHAT IS NORMAL FOR YOU.**
2. **KNOW WHAT TO LOOK AND FEEL FOR.**
3. **LOOK AND FEEL.**

Be aware of any changes to your breasts. This is easier than you may think. Simply by looking at your breasts in a mirror at regular intervals or feeling the breast tissue whilst you wash would mean you are more likely to notice any changes i.e. new lumps or changes in skin colour or texture. Also look out for any discharge from the nipples that is new for you.

4. **REPORT ANY CHANGES TO YOUR DOCTOR IMMEDIATELY.**
5. **ATTEND FOR BREAST SCREENING.**