

## Patient information

### **Advice Following Completion of Mammography Programme**

#### Breast Services

You have now finished your mammography follow up recommended by your consultant.

#### **What happens next?**

- Ladies aged 50 to their 71<sup>st</sup> birthday are invited for breast screening every three years, by the National Breast Screening Programme. To check when you are next due to be invited for your screening mammogram, please contact our **Breast Screening Unit**  
**Tel: 0151 282 6920/6921**  
**Text Phone Number: 18001 0151 706 6920/6921**  
**Email Address: bscreening@rlbuht.nhs.uk**
- Ladies aged over 71 can self-refer for breast screening by contacting our Breast Screening Unit on the contact details listed above.

Although the risk of breast cancer does increase as you get older, we do not know for certain whether screening older women gives more benefits than harms. This is why we are only routinely offering invitations to women at ages where we know that there is a proven benefit.

#### **Breast Awareness**

It is important for all ladies to be familiar with what is normal for their breasts. If you notice any changes in your breasts you need to see your family doctor (GP), or contact the Breast Care Nurses on Tel: 0151 706 2927. Text phone number: 18001 0151 706 2927

#### **Changes to look and feel for:**

- A **lump** or area that feels thicker than the rest of the breast.
- A change to the skin such as **puckering** or **dimpling** (like the skin of an orange).
- A change in the **size** or **shape** of the breast.
- **Redness** or a **rash** on the skin or around the nipple.
- A **swelling** in your armpit or around your collarbone.
- **Pain** in your breast or your armpit that's there all or most of the time.
- A change to the **nipple**, for example it has become pulled in or changed its position or shape.
- **Liquid** that comes from the nipple without squeezing.

Information leaflets on breast awareness and breast examination are available separately.

## **Lifestyle**

Adopting a healthy lifestyle is important for everyone not just people that have had breast cancer in the past. Below are a few suggestions for a healthy lifestyle.

### **Diet**

**The NHS Eatwell Guide shows that to have a healthy, balanced diet, people should try to:**

- Eat at least five portions of a variety of fruit and vegetables every day.
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta.
- Have some dairy or dairy alternatives (such as soya drinks).
- Eat some beans, pulses, fish, eggs, meat or other protein.
- Choose unsaturated oils and spreads, and eat them in small amounts.
- Drink plenty of fluids ( at least six to eight glasses a day).

If you are having food and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

### **Weight**

Staying within a healthy weight range will benefit your overall health.

### **Exercise**

The current Government guidelines for adults recommends at least:

- 150 minutes of moderate intensity exercise per week, (increased breathing but are able to talk) such as brisk walking, swimming.
- or**
- 75 minutes of vigorous intensity exercise per week, (breathing fast, difficulty talking) such as running.

You can do simple things such as taking the stairs instead of the lift or getting off the bus a stop earlier.

### **Alcohol**

The current Government guideline for both men and women states that to keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis.

14 units is equivalent to six pints of beer (4% abv) or six glasses of wine (13.5% abv, 175ml) per week. Spreading them evenly over three or more days.

See [www.drinkaware.co.uk](http://www.drinkaware.co.uk) for more information about the current Government guidelines for alcohol consumption.

## **Smoking**

Smoking should be avoided for a healthy lifestyle. For help in giving up smoking see your GP or practice nurse.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information:**

**For Local Support Group details within Merseyside contact the Breast Care Nurses (An answer phone will record your message, provide your name and number after the tone and someone will return your call).**

**Telephone: 0151 706 2927**

**Text phone number: 18001 0151 706 2927**

**[www.liverpoolft.nhs.uk](http://www.liverpoolft.nhs.uk)**

**[www.Breakthrough.org.uk](http://www.Breakthrough.org.uk)**

**Tel: 0808 010 0200**

**[www.Breastcancercare.org.uk](http://www.Breastcancercare.org.uk)**

**Tel: 0808 800 6000**

**[www.macmillan.org.uk](http://www.macmillan.org.uk)**

**Tel: 0207 840 7840**

**[www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)**

**Author: Breast Services**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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