

# Breast Screening Survey Frequently Asked Questions (FAQs)

## General

### What is the Breast Screening Survey?

Thank you for taking part in this important survey! We want to hear from women aged 47-54 years who live in Dorset, Hampshire and Isle of Wight about your thoughts and experiences on breast screenings, particularly from women who have received an invitation to a first-time breast screening. Understanding what motivates women's decision making will help inform our partners, NHS England and Public Health England, about how they can improve services.

### How long will the survey take to complete?

The survey will take approximately 10 minutes to complete.

### What will my answers be used for? Are they anonymous?

We are working in partnership with the NHS and Public Health England to gather information about women's experiences breast screening appointments in Dorset, Hampshire and Isle of Wight. All answers are anonymous and will be shared with our partners, NHS England and Public Health England, about how they can improve breast screening services.

### What kinds of questions are asked?

There are approximately 11 questions to answer and a combined mix of multiple choice and free text question and answer.

### When is the deadline for the survey?

The survey will close at 11.59pm on 1 December 2019.

### Can I obtain a copy of the survey in a different language or different format (e.g. hard copy, easy read, Braille, an audio version for the visually impaired)?

Please contact the Wessex Voices team on 07966 927 077 or email [sarah.peters@helpandcare.org.uk](mailto:sarah.peters@helpandcare.org.uk) and a member of the team will assist you with your request.

### When will the results be available?

Results will be published on the Wessex Voices' website (<https://wessexvoices.org>) by early 2020.

### Who is Wessex Voices?

Wessex Voices is an innovative partnership between NHS England (Wessex) and five local Healthwatch organisations in Wessex (Dorset, Hampshire, Isle of Wight, Southampton and Portsmouth) that focusses on ensuring local communities are involved in designing and commissioning health services. You can read more about our work on our website: <https://www.wessexvoices.org/>

## Breast Screening

### I would like more information about breast screening services in the UK. Where can I find this information?

Please visit the NHS' webpage on Breast Cancer Screening for more information: <https://www.nhs.uk/conditions/breast-cancer-screening/>

### I am 50+ years old and I have not received an invitation for my first breast screening. When will I receive one?

Invitation letters for first breast screening appointments are sent to women aged 50 to 53. If you are registered with a GP and the practice has your latest contact details, you will automatically receive one. You do not need to register to receive one but you can contact your surgery to find out when the women on their list are next due for screening. For more information, please visit the NHS' website: <https://www.nhs.uk/conditions/breast-cancer-screening/>.

### Why should women aged between 50 and 70 years of age attend regular breast screening appointments?

Breast cancer is the most common cancer in the UK, largely affecting women, particularly older women<sup>1</sup>. Regular breast screenings is one of the most effective ways women can detect cancer early. Early detection means the cancer will likely be easier to treat, require less treatment and has a higher chance of being cured.

Women aged 70+ years are still encouraged to have regular screenings every three years but will not be automatically invited. For those who are interested in continuing their screenings, please speak with your GP.

### What are the signs and symptoms of breast cancer?

There are a variety of symptoms, but key signs and symptoms the NHS recommends women look out for are:

- An area of thickened breast tissue or a lump
- Changes in size or shape of one or both breasts
- Discharge from either nipple
- A lump or swelling in either of your armpits
- A rash or change of appearance of your nipple
- Dimpling on the skin of your breasts

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<sup>1</sup> <https://www.nhs.uk/conditions/breast-cancer/>

You can read more about signs and symptoms on the NHS' website here:

<https://www.nhs.uk/conditions/breast-cancer/symptoms/>.

### **Do breast screenings hurt? What happens during an appointment?**

Breast screenings should not hurt but some patients may experience some discomfort and/or pressure during the x-ray, or mammogram, and may experience some tenderness for a few hours after the procedure.

Breast screenings are done through x-rays taken of both breasts, otherwise known as a mammogram. These are done at a breast screening unit.

Patients will need to remove clothing from the waist up before two x-rays are taken of each breast: one from the top and one from the side. The radiographer will support with placing one breast at a time in the x-ray machine. The Cancer Research UK's website has an image of what the x-ray machine and screening process looks like: <https://www.cancerresearchuk.org/about-cancer/breast-cancer/screening/breast-screening>.

### **I have some concerns about breast screenings. Who can I speak to about this?**

The NHS recommends women attend regular breast screenings to ensure women are healthy and provide early treatment to any cancers that may be detected. If you have any concerns, it may be best to speak with your GP about your experiences and discuss alternative options.

### **I'm worried about the potential outcome of a breast screening.**

It's common for people to feel concerned or worried about the outcomes of a breast screening. You may wish to speak with your GP about your concerns, family or friends, or speak with a Cancer Research UK nurse on freephone on 0808 800 4040 or a member of the Breast Cancer Care team on 0808 800 6000, who can answer any questions you might have.

## Data

### Who is data shared with?

We share data survey with our partners, primarily the NHS and Public Health England, to help them with their work. No personal data, including names and addresses, are shared with anyone, so it is not possible to identify specific individuals from the data we will share.

### I would like to withdraw my responses and my personal data. How can I do this?

All survey respondents have the right to request the withdrawal of their responses and personal data, in line with General Data Protection Regulation (GDPR). We take every precaution to ensure data is treated confidentially and securely. If you would like to withdraw your responses and personal data from this survey, please email the Wessex Voices team at [sarah.peters@helpandcare.org.uk](mailto:sarah.peters@helpandcare.org.uk) and a member of the team will assist you with your request.