

BREAST CANCER SCREENING

YOUR HOW-TO GUIDE



“When I went for screening the year I turned 50, the doctors found a cancerous lesion that they were able to treat before it got more serious. Screening saved my life!”

Maryam, 59

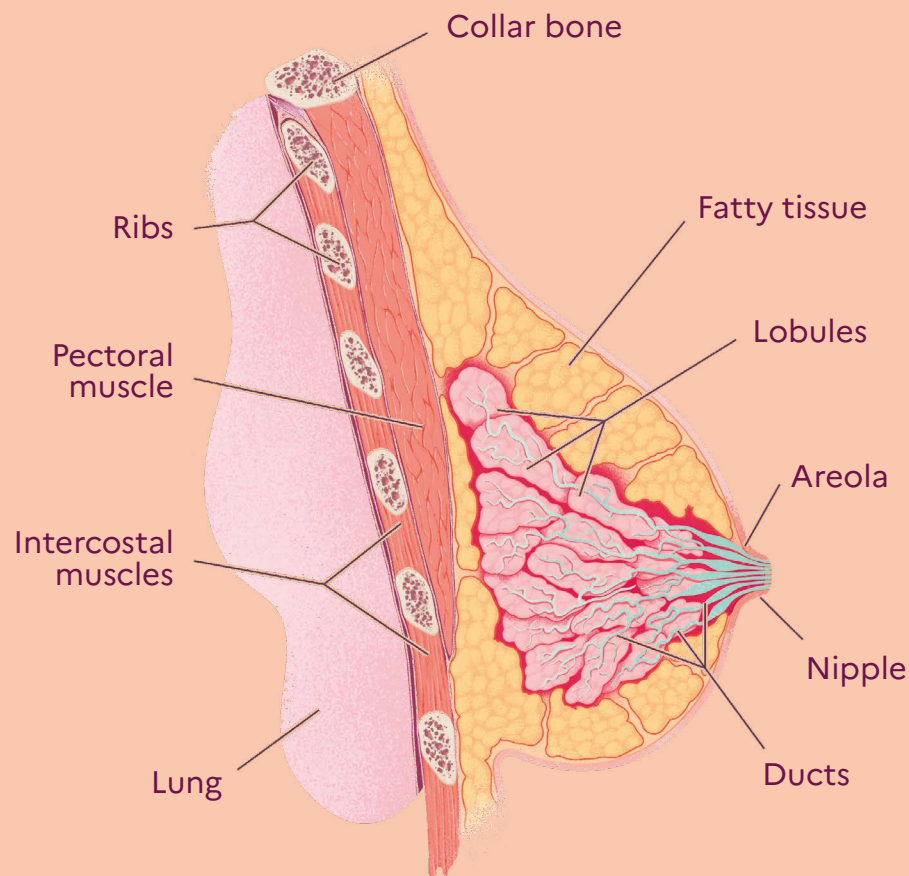
“I have a routine screening mammogram every two years. It’s a good habit to have got into, and it gives me and my loved ones peace of mind.”

Françoise, 64



Audio version
available

THE FACTS



What is breast cancer?

Breast cancer is caused by abnormal changes to certain cells that multiply and generally form a mass known as a tumour.

In most cases, it takes several months or even several years for breast cancer to develop. Breast cancer is the most common and most deadly form of cancer amongst women. Almost 80% of breast cancers develop after the age of 50. That is why breast screening is offered to women aged 50 to 74.



Did you know?

An annual clinical examination of the breasts (observation and palpation) by a healthcare professional is recommended from the age of 25.

Why is screening offered?

Screening can help detect any abnormalities or signs of cancer as early as possible, before symptoms appear. **Early detection improves your prognosis: thanks to early detection, 99 out of 100 women are still alive 5 years after diagnosis.**

Thanks to screening, over 10,000 aggressive cancers are detected every year, allowing treatment to start as early as possible. To find out more about the limits of breast cancer screening, go to jefaismondepistage.fr/cancers-du-sein

(available in French only)

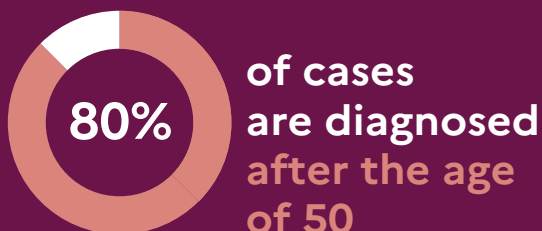
What are the symptoms?

Don't hesitate to see a doctor in between screenings if you notice any unusual changes to your breasts:

- an unusual lump or mass in your breast or under your arm (in the armpit);
- changes to your skin: puckering, redness, swelling or dimpling;
- changes to the nipple or the areola (area surrounding the nipple): puckering or inversion, change of colour, leaking or discharge;
- changes to the shape of your breasts.

Over
61,000
NEW CASES
diagnosed each year

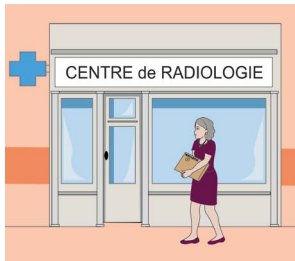
1st most common
type of cancer
amongst women



Over
12,100
deaths each year

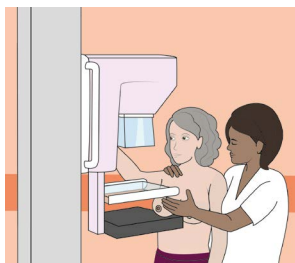
THE STEPS YOU NEED TO TAKE

1 Make an appointment with a radiographer

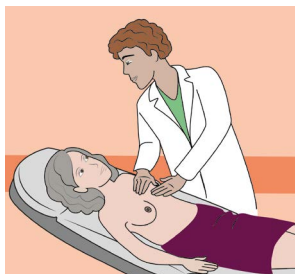


- Call one of the accredited radiographers on the list enclosed with your invitation letter.
- When you attend your appointment, take your invitation letter, your Carte Vitale health card and the images from any previous mammograms with you.
- Don't be afraid to ask the radiographer any questions you may have.

2 Get your breasts checked

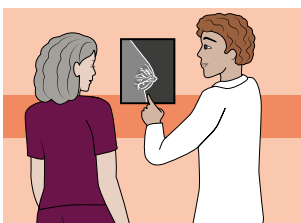


- The radiographer will screen your breasts by taking 2 X-rays (images) of each breast. One after the other, your breasts will be placed between 2 flat plates that will press together and squeeze your breasts for a few seconds.



- The radiographer will also manually examine your breasts.

3 After the screening



- As soon as the screening has been completed, the radiographer will talk you through the initial results.



- **Even if the mammograms and the clinical examination do not detect any abnormalities, a second radiographer will review the images within the next 2 weeks just to be sure.** Double checking the images helps identify more cancers: around 6% are picked up this way.

WHAT THE RESULTS MEAN

Normal result:

You will be invited to come back for screening in 2 years' time.

This will be the case for 910 out of 1,000 women.

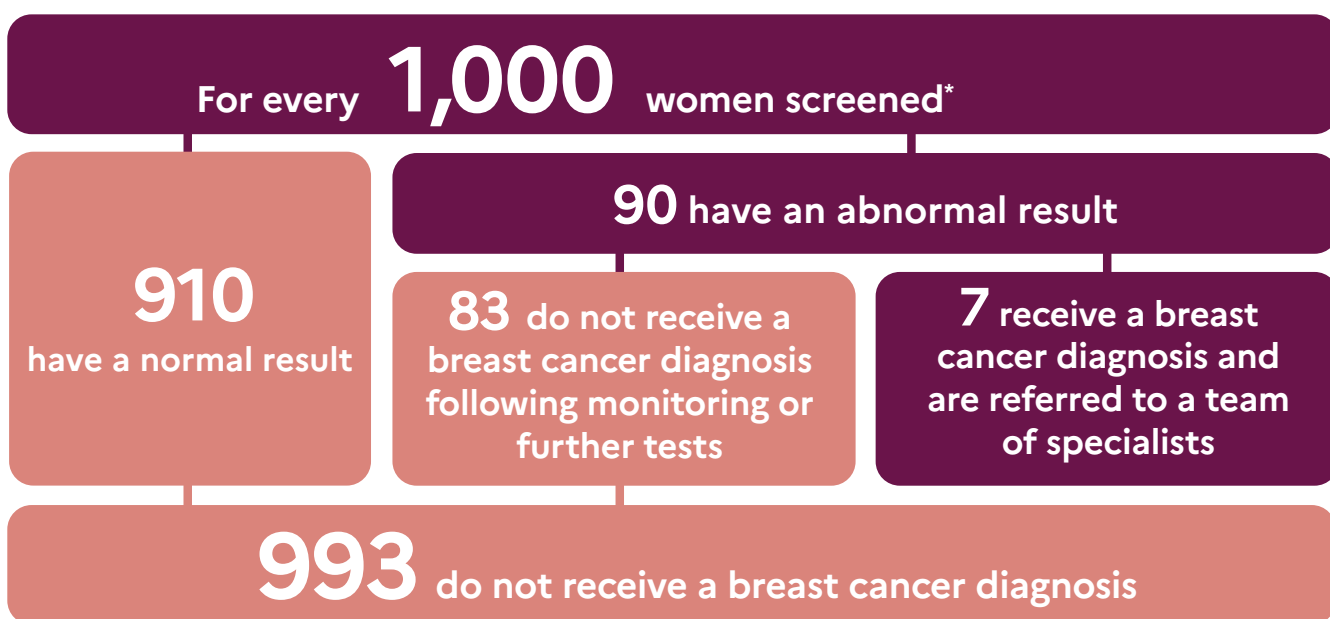
Abnormal result:

This will be the case for 90 out of 1,000 women.

It usually isn't cancer, but something like a suspicious or benign anomaly (cyst). Depending on what has been found, short-term monitoring or further tests may be required. **83 of the 90 women who are called back for further tests will end up being given the all-clear.**

More rarely, you may be diagnosed with breast cancer: this will be the case for 7 of the 90 women.

Each of these women will be referred to a specialist cancer team by their doctor in order to receive personalised treatment.



*between the ages of 50 and 74, as part of France's national screening programme.

KEY POINTS



The mammogram itself is fully covered by France's national health insurance scheme. If your radiographer refers you for additional tests, these will be covered at the usual reimbursement rates.



Recommended every 2 years for women aged 50 to 74 who have no symptoms and no personal or family history of the disease.

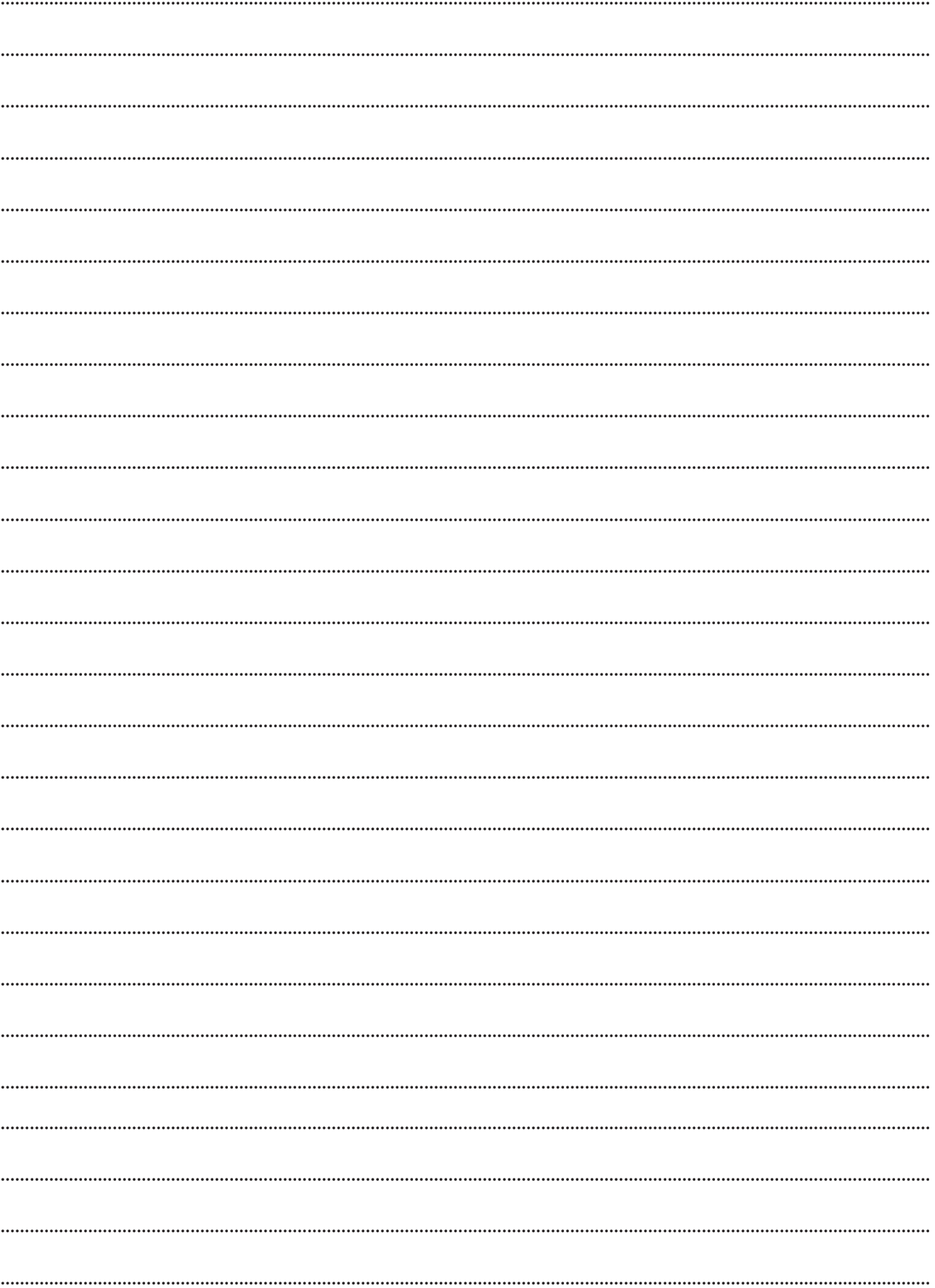


To be carried out by an accredited radiographer.



Reliable





THE EARLIER BREAST CANCER IS DETECTED, THE BETTER THE CHANCE OF SUCCESSFUL TREATMENT AND A POSITIVE OUTCOME.

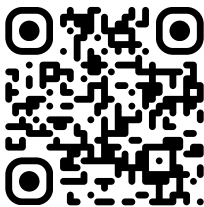


Over 2.5 million women
are screened for breast cancer
every year in France. What about you?

For more information, have a
chat with your GP, gynaecologist
or midwife, or go to

jefaismondepistage.fr

(available in French only)



PROGRAMME NATIONAL
DE DÉPISTAGE
DES CANCERS DU SEIN