



*Better
Together*

Patient information

NHS Breast Screening

Breast Assessment Clinic Discharge Letter

Breast Services Directorate

Thank you for attending the breast unit today.

As discussed during your visit the tests we performed did not show anything worrying and no further investigations are required. We have therefore discharged you from this clinic.

Please continue with your routine three yearly Breast Screening Mammograms when invited.

If you are over 70 you will not be routinely invited for screening again however you can make an appointment in three years time by contacting us on Tel: 0151 282 6920/1

Text phone number: 18001 0151 282 6920/1

Breast Awareness

A mammogram is not a perfect test. Please be 'breast aware' and if you feel you have symptoms that worry you, please see your family doctor (GP).

Things to be aware of:

- **Appearance.** Any change in the outline or shape of the breast. Any puckering or dimpling of the skin.
- **Lumps.** Any lumps or thickened area, different to the same area on the other side.
- **Nipple change.** Any discharge from the nipple, or change in the shape, appearance or colour of the nipple area. Any itchy rashes around the nipple.

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

Lifestyle

Adopting a healthy lifestyle is important for everyone. Below are a few suggestions for a healthy lifestyle.

Diet

Eating at least five portions of fruit or vegetables every day. Reduce the amount of red meat you eat, choose white meat or fish in its' place. Try to cut down on the amount of saturated fat you eat.

Weight

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

Exercise

It is recommended that you are active for 30 minutes every day. You can do simple things such as taking the stairs instead of the lift, getting off the bus a stop earlier.

Alcohol

The current Government advice is that people should not regularly drink more than three to four units of alcohol for men (equivalent to a pint and a half of 4% beer) and two to three units of alcohol for women (equivalent to a 175 ml glass of wine).

'Regularly' means you drink every day or most days.

See 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.

Further Information

Breast Unit

Tel: 0151 706 2920

Text phone number: 18001 0151 706 2920

www.rlbuht.nhs.uk

<http://www.breastcancercare.org.uk/breast-cancer-information/breast-awareness>

Tel: 0808 8006000

www.Breakthrough.org.uk

0808 0100200

www.macmillan.org.uk

02078407840

www.cancerscreening.nhs.uk

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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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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نمخوشانهی له‌لایمن تراستهوه پاسهند کراون، نهمگر داوا بکریت له فورماتکائی تردا بریتی له زمانهکائی تر، نیز ی رید (هاسان خونندنهوه)، چاپی گهوره، شریتی دهنگ، هلی موون و نمایکترۆنیکي همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.