

Film transcript

Opening Title

A Short Film About Breast Screening*. *From the Central and East London Breast Screening Service.

Zohra Ali, CELBSS Administration Team

My name is Zohra and I work for Central and East London Breast Screening Services, I've been here for a year and a half.

One of our biggest jobs is to dispel myths about breast screening, particularly in relation to breast x-ray and what that entails and also misunderstandings relating to breast cancer itself.

Most women don't like to talk about it but one in eight will be diagnosed with breast cancer at some point during their lifetime. However, with improvements in breast screening technology and new treatments available, survival rates are on the increase.

Onscreen Graphic

One in eight women are diagnosed with breast cancer in their lifetime*. *Cancer Research UK

Receptionist

Please take a seat and we'll call you shortly.

Onscreen Graphic

Breast Screening Clinic, St Bartholomew's Hospital, The City.

Christine, Breast Screening Attendee

Thank you very much.

Onscreen Graphic

80% of breast cancer is diagnosed in women aged over 50*. *Cancer Research UK

Dr Muncey, Consultant Radiologist

We invite women aged fifty and over to attend screening every three years. 80% of breast cancer is diagnosed in this age group so it's very important of them to attend their breast screening appointments.

Onscreen Graphic

Breast Screening involves having a breast x-ray (also called a mammogram) once every three years.

Katrina, Radiologist

Christine Hodgson

Zohra Ali, CELBSS Administration Team

Many women are concerned about privacy and we would like to assure them that although they do need to expose their breasts for a short period of time, it will be in a private place and it will be with another woman.

A piece of advice that we give to them is that they should wear separates when they come for an x-ray, nothing all-in-on, so that it's easier for them to get undressed and maintain modesty.

Onscreen Graphic

All our radiographers are female

Katrina, Radiologist

I'm Katrina and I'm one of the Radiographers here at Barts hospital.

When I take a woman into the x-ray room I explain to them the procedure and ask them to undress from the waist up including their top and their bra. A Mammogram involves x-raying of the breasts, which is done four times: two x rays for each breast.

We place the breast on a surface called the Bucky Table and compress it for a few seconds. It's slightly uncomfortable but usually only lasts for a few moments.

Christine, Breast Screening Attendee

It is momentarily uncomfortable but the x-ray is taken so quickly that it's over in a few seconds and then they take it from a different angle and do the same thing again. But really, you're twenty minutes / quarter of an hour between arriving at screening centre to leaving with everything done.

Dawn, Breast Screening Attendee

When my sister got cancer, she didn't know because she hadn't been screened. Perhaps if she had been screened they would have found it earlier and we would have had a better outcome. So I would say, I go for screening and I get a lot out of it. It gives me the piece of mind and the reassurance that, if they did find something, it could be treated quickly.

Dymphna, Breast Screening Attendee

She talked to me, checked that I was feeling comfortable or if I wanted to stop at any time, so I really felt that I was having some degree of control over this process as well.

Katrina, Radiographer

Okay, so you will get your results within three weeks by post, okay?

Onscreen Graphic

You'll receive your results by post within 2 ½ - 3 weeks

Dr Purushothaman, Consultant Radiologist

So what I'm doing at the moment is I'm comparing the patient's new mammograms to her old mammograms, which were taken three years ago. I can see that everything is unchanged which is reassuring. If we have the previous mammograms this makes it much easier for us to pick up subtle abnormalities in comparison to the old films. A subtle abnormality seen on a mammogram may not be felt by the patient for at least a year or two. This extra time improves survival rates significantly and it is one of the main reasons why we screen women every three years.

Onscreen Graphic

Regular screening increases early detection and improves patient outcomes*. *NHS Breast Cancer Screening Programme.

Zohra Ali, CELBSS Administration Team

We run evening and weekend clinics as often as possible as well as having several different locations. Whatever is easiest for the patients really, we try our best to accommodate them.

In terms of receiving an invitation, if you're not happy with the date, the time or the place you can get in touch with us by giving us a call or you can rebook via our website.

Onscreen Graphic

We run clinics during evening and weekends for your convenience.

Onscreen Graphic

We also have screening units at various locations including mobile screening centres.

Onscreen Graphic

19 out of 20 women who are screened get the all clear*. *NHS Information Centre.

Dr Muncey, Consultant Radiologist

We know that women will worry when they receive their invitation letter to attend breast screening. However, nineteen out of twenty women who come for screening will get a completely all-clear result. For those who are asked to come back, again, the majority of them will also turn out to be completely okay with further assessment revealing no significant problem.

Dr Muncey, Consultant Radiologist

For the small number of cancers that we do find, these women, because they've attended screening, the disease will have been found at an earlier stage and therefore it is far more likely to be completely cured with no effect on their future life expectancy.

Zohra Ali, CELBSS Administration Team

Especially having seen the early detection of breast cancer through screening benefit women in my own family, I'm always encouraging my mum to go for her screening appointments. So I guess my message for women aged fifty to seventy would be think about your health, think about your family and attend your breast screening regularly.

Closing Title

Regular screening saves lives. Central and East London Breast Screening Service.