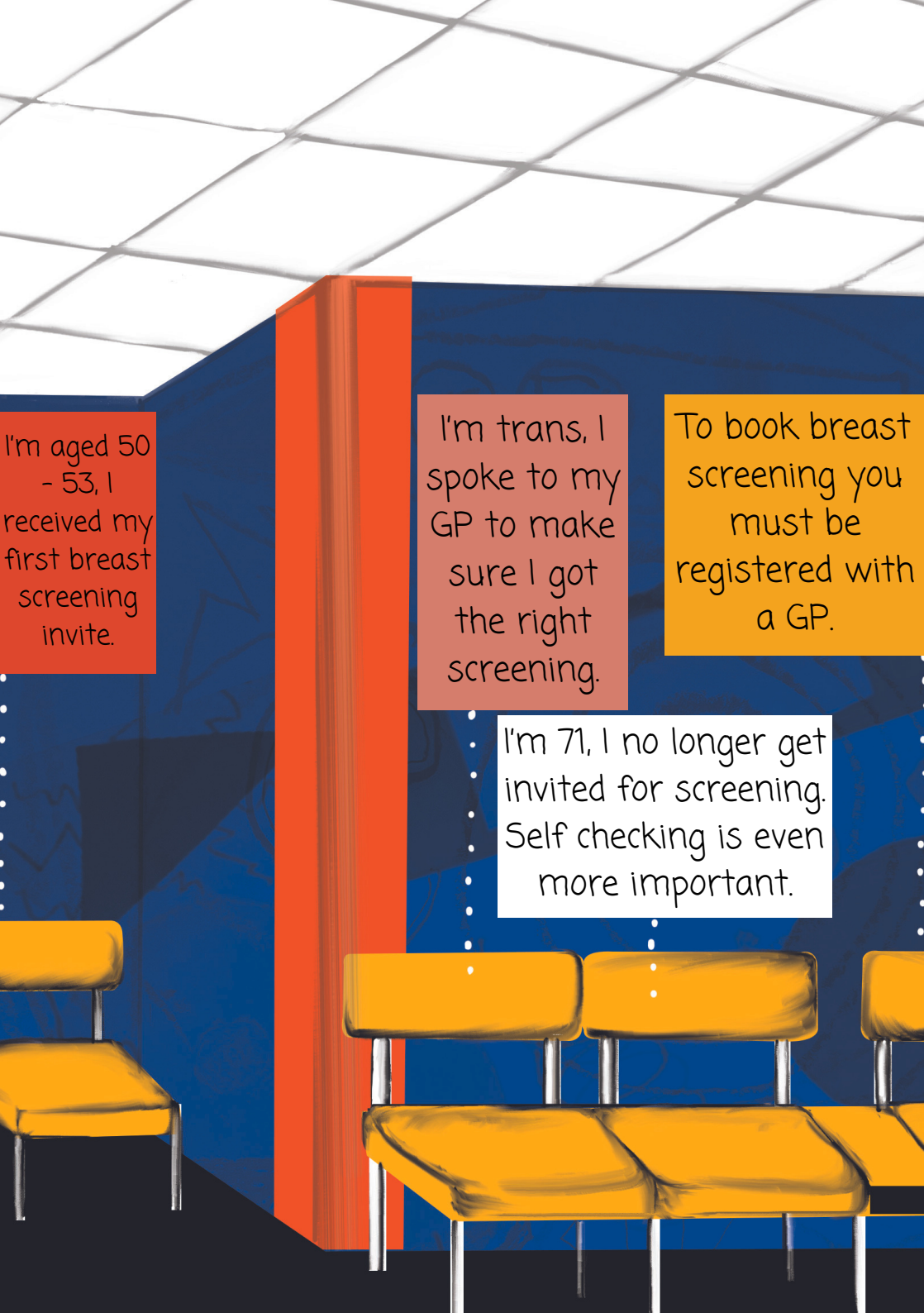


I feel worried. It's my first breast screening appointment.

Will I be listened to?

I didn't know men can get breast cancer.





I'm aged 50  
- 53, I  
received my  
first breast  
screening  
invite.


I'm trans, I  
spoke to my  
GP to make  
sure I got  
the right  
screening.

To book breast  
screening you  
must be  
registered with  
a GP.

I'm 71, I no longer get  
invited for screening.  
Self checking is even  
more important.

# Tell me about breast screening

- Breast screening uses X-rays called mammograms to check your breasts for signs of cancer.
- It happens at a breast screening clinic.
- It's done by a female health specialist called a Mammographer.
- Regular breast screening is one of the best ways to spot a cancer that is too small to feel or see.
- As well as going for regular breast screening, it's important you know how your breasts normally look and feel. Cancers can develop between mammograms. If you notice any changes in your breasts that are abnormal for you, see a GP straightaway.



I had my breast screening last week, it was stressful...

I'm worried about mine, did they listen to you?

They did!  
I can come with you, if you want...

Yeah, someone came with me.

It was uncomfortable but it didn't last long.

Is that allowed?...  
I think I need extra support, people don't always get me.

I've heard it's painful.

# If you're worried about your screening, here's some things which may help...

## Before you go

1. Wear a skirt or trousers, rather than a dress or jumpsuit, to make it easier to get naked to the waist.
2. Remove necklaces and nipple piercings before you arrive for your appointment so you feel prepared.
3. Bring someone along for support.
4. Take something to distract you while you wait, like a book or a game.

## At the clinic

- Tell someone if you have found screening uncomfortable in the past.
- Talk to the staff if you are nervous or embarrassed, they are trained to help you feel more comfortable and provide support.
- Ask staff not to use any phrases or words that make you uncomfortable or nervous.
- Tell the staff your pronouns, if you would like to.





I did  
it!

They  
explained  
everything.

I'll look out  
for my  
results in  
the post.

I'm really glad  
they were kind.

I'm so proud of  
myself.

For more information



This mini zine was coproduced by people with lived experience and living with mental health in Sheffield

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