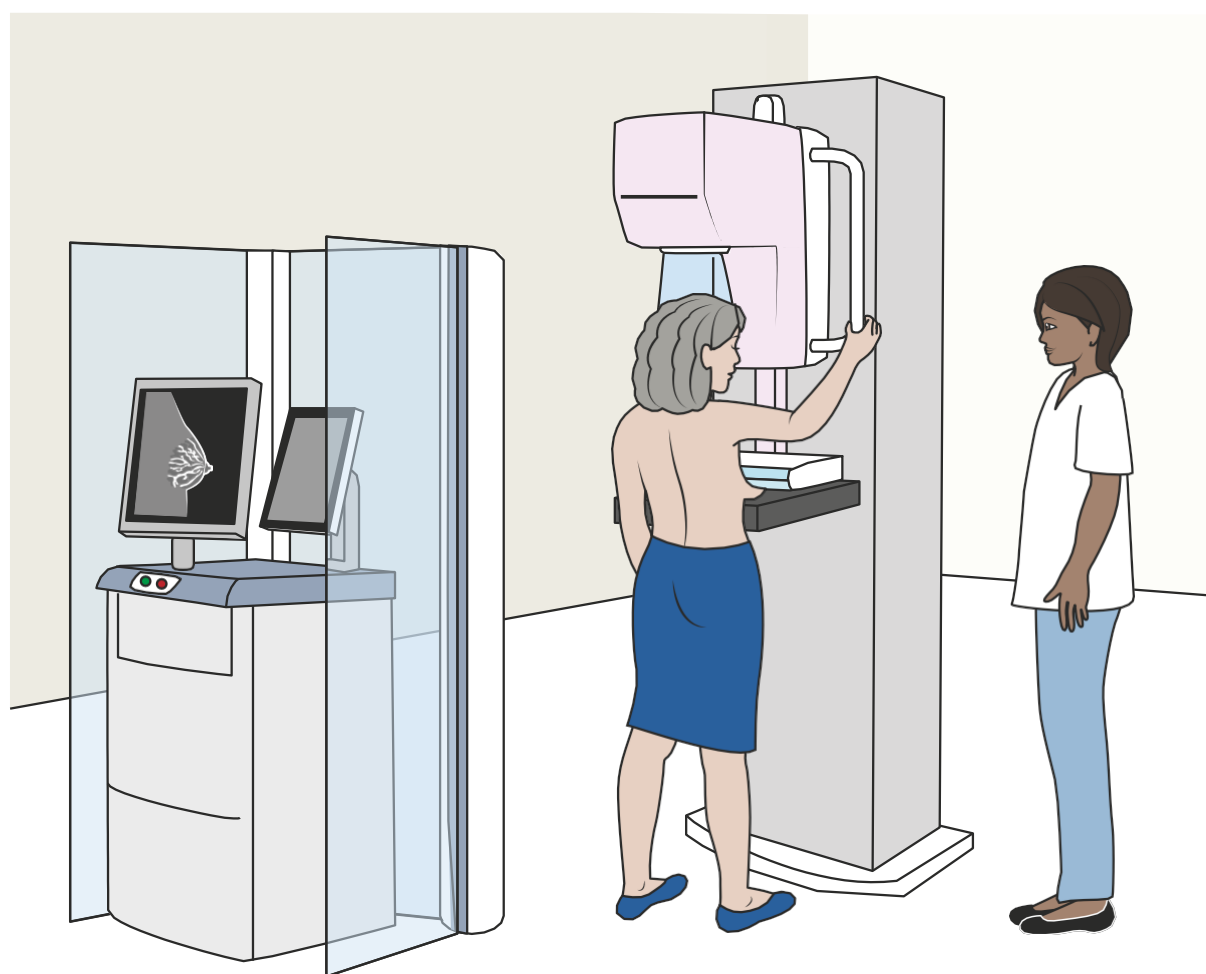
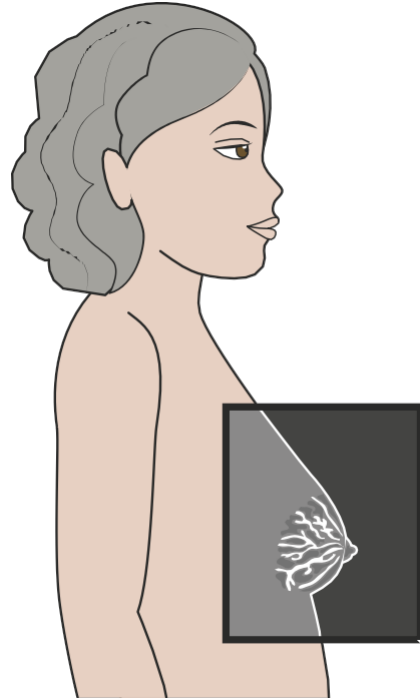
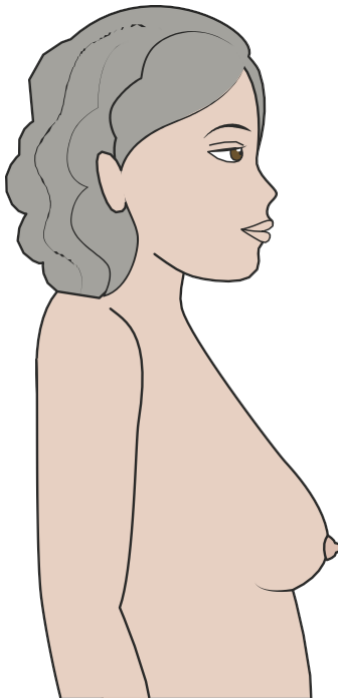


A mammogram



What is it for?

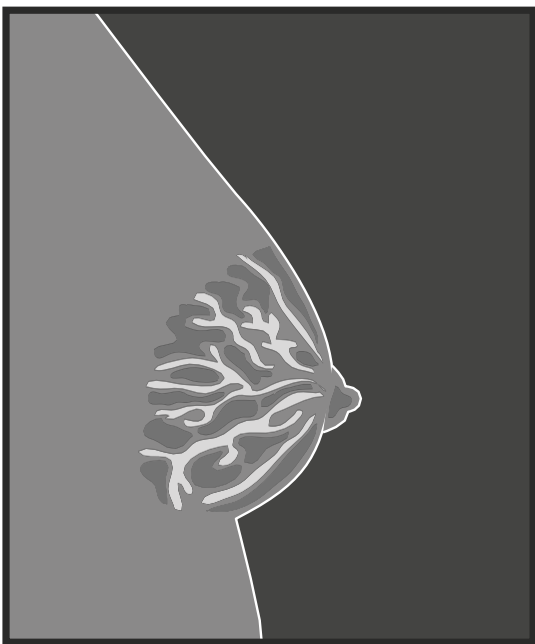
A mammogram is an x-ray of your breasts.



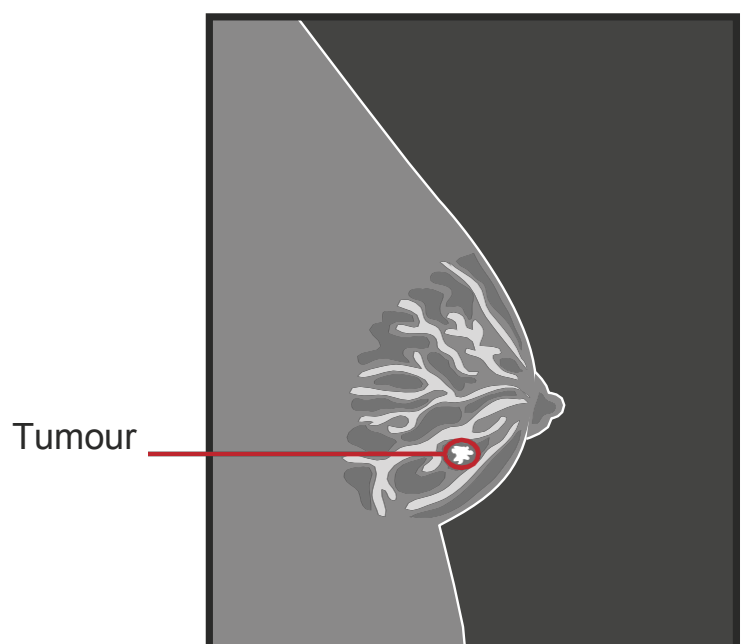
A mammogram lets you see if you have a tumour in your breasts.

- A tumour is a sort of lump.

A breast without a tumour

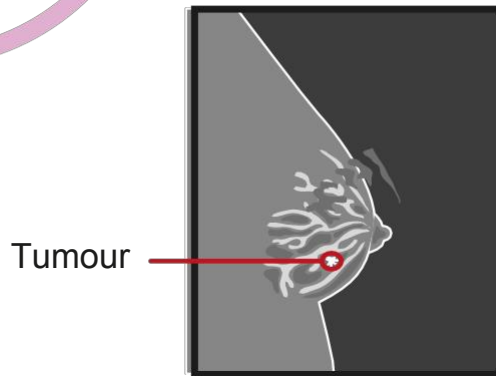


A breast with a tumour



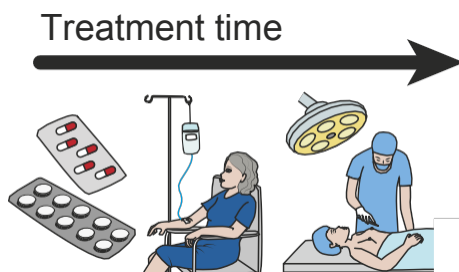
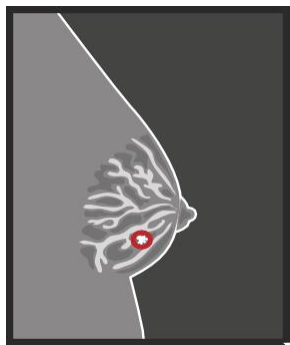
● Some tumours are not serious.

● Some tumours are serious like cancer.

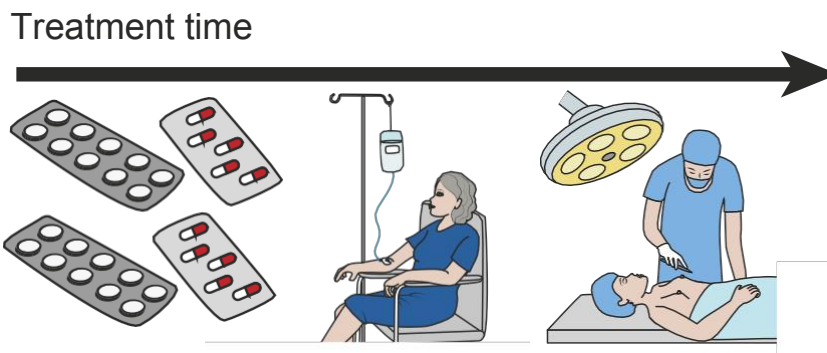


A mammogram lets me see if I have cancer.

● If the cancer is detected early, my treatment is easier.



● If the cancer is detected later, my treatment is more difficult.

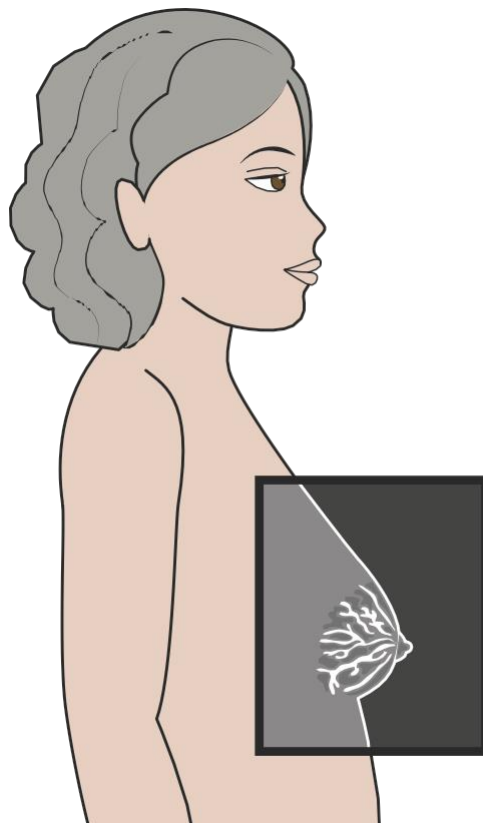


When do I need a mammogram?

If I am over 50 years old
and I receive an
invitation
for regular screening,





or if my doctor gave me
a prescription.



If I am over 50 years old: I receive an invitation for a mammogram



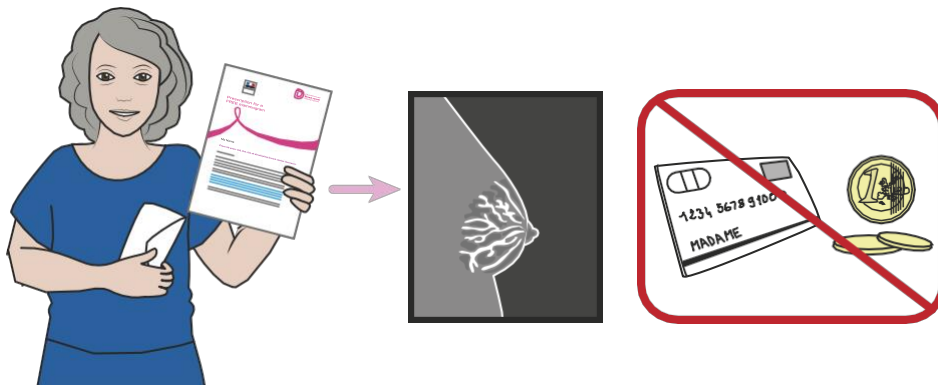
 

PRESCRIPTION FOR A FREE MAMMOGRAM

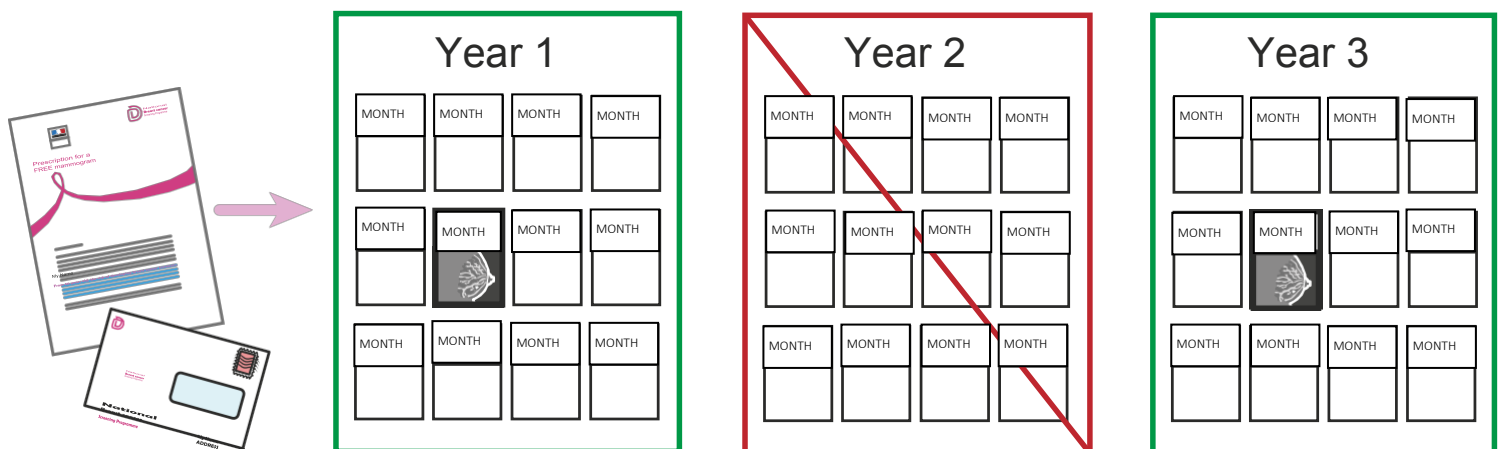
My Name _____

From 50 years old, the risk of developing breast cancer increases.

- This invitation offers me a mammogram completely free of charge.



- After I am over 50 years old, I receive an appointment every two years.

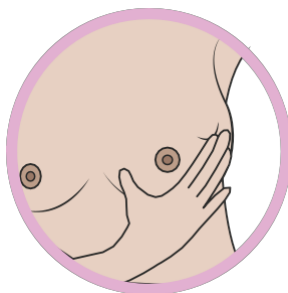
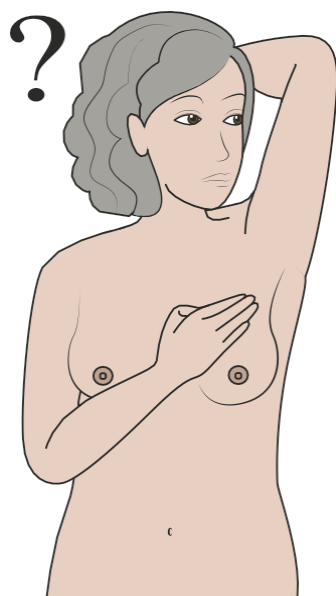


The doctor gives me a prescription for a mammogram



- **If I feel something unusual when I squeeze my breast.**

See the “Self-examination” fact-sheet



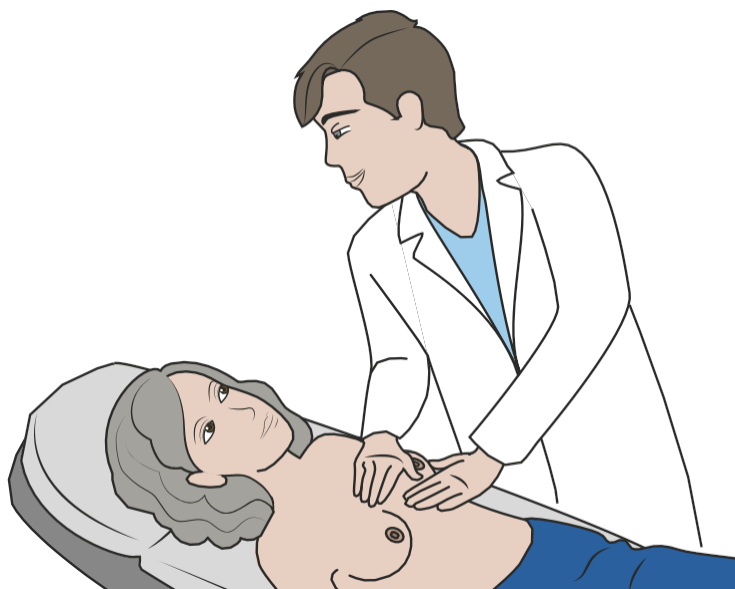
Like a lump



Or liquid that leaks

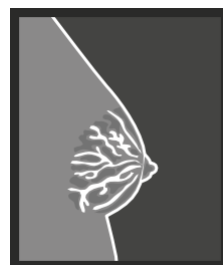
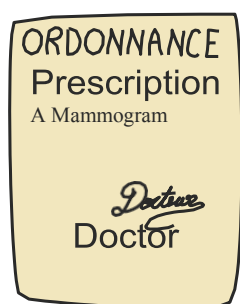
- **If my doctor notices something abnormal in my breasts.**

See our fact-sheet “Gynaecology” breast examination.



- **My doctor may tell me to have a mammogram.**

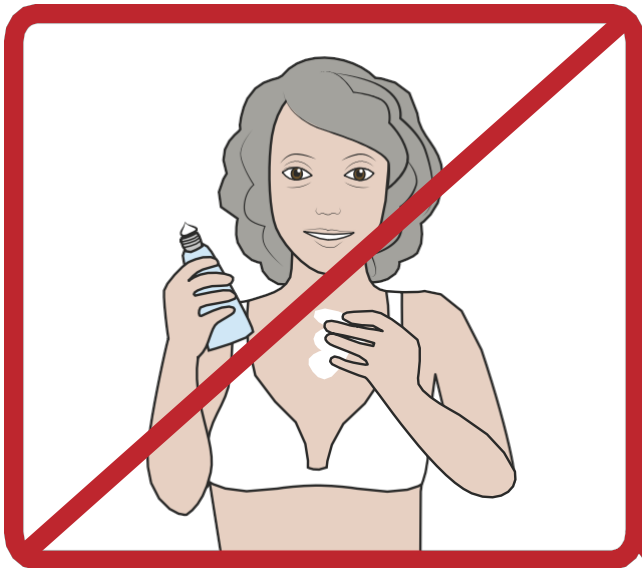
They write me a prescription.



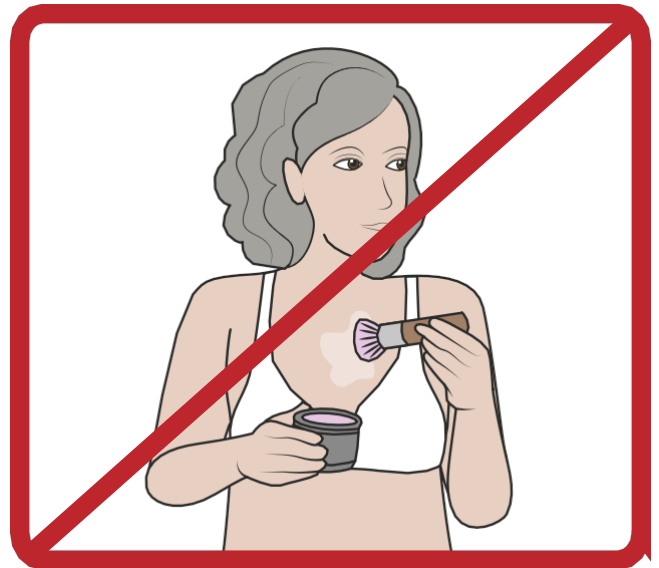
What happens?

The day before my mammogram I must not use:

- Body cream,

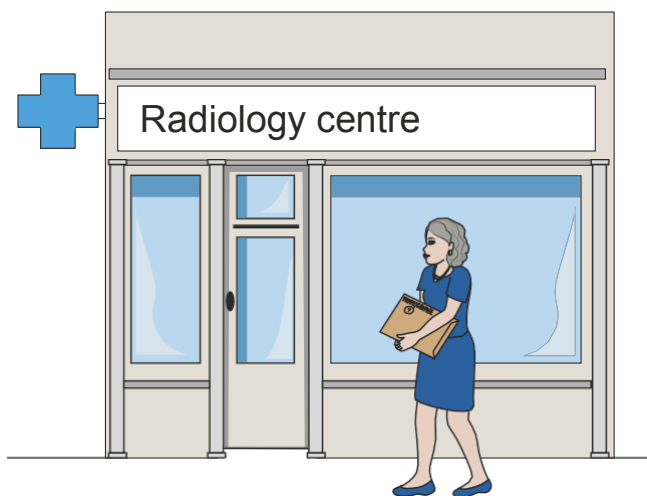


- powder.

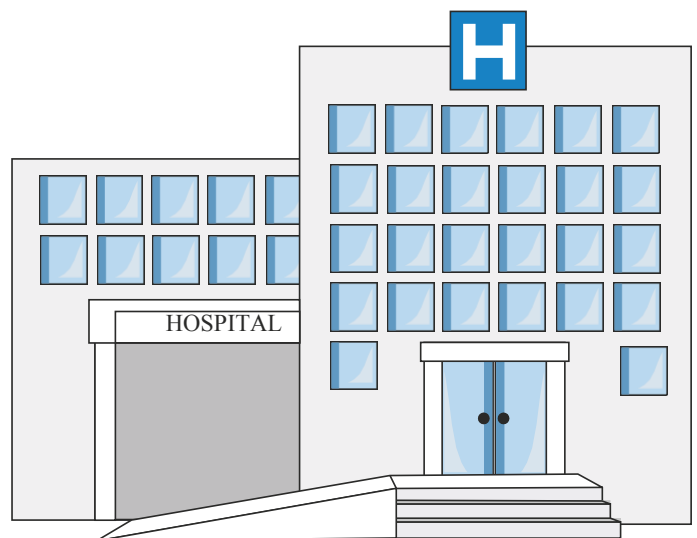


I can have a mammogram:

- At a radiology centre,



- or in a clinic or hospital.



I bring the pictures from my last mammogram.

- with the letter I received,



- with the prescription from my doctor.



The radiographer meets me.

The radiographer is the person who operates the X-Ray machine.

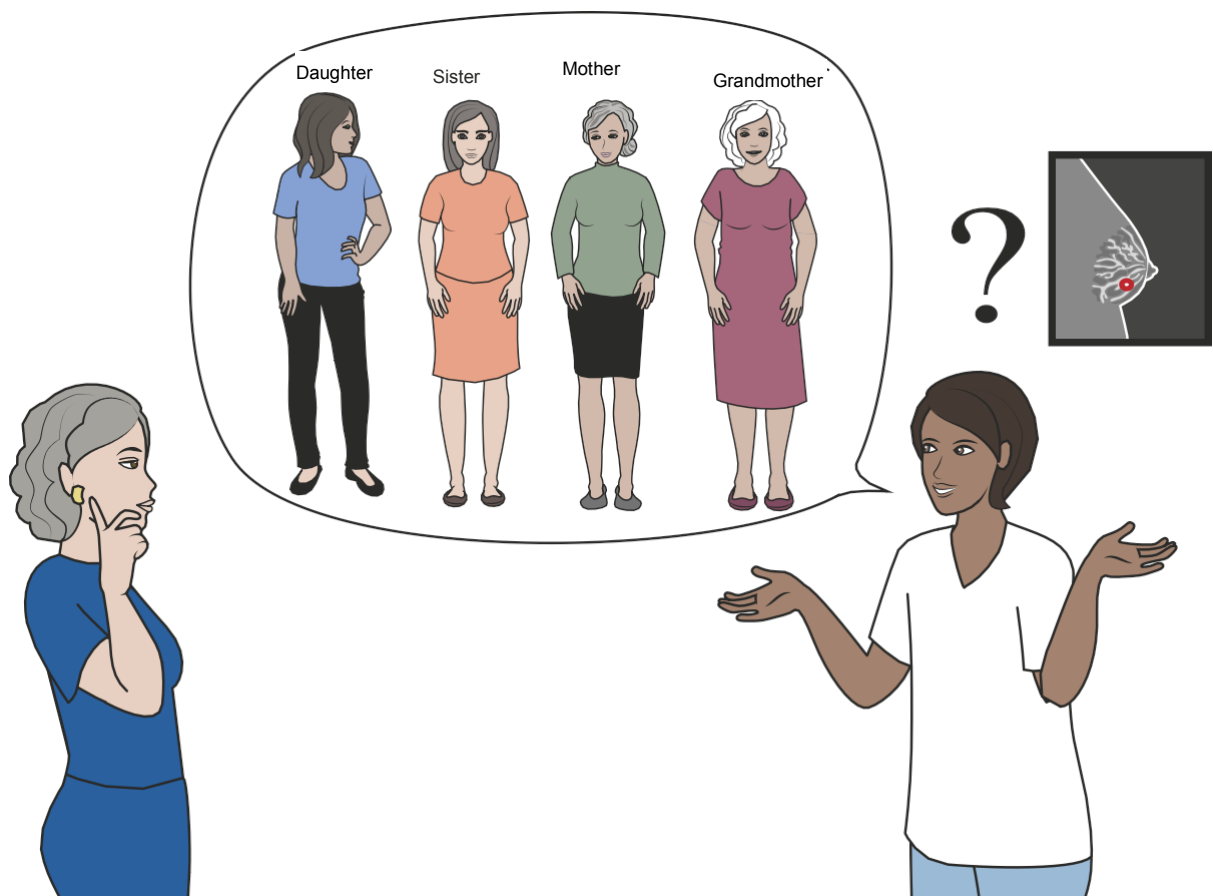
- I can come on my own,



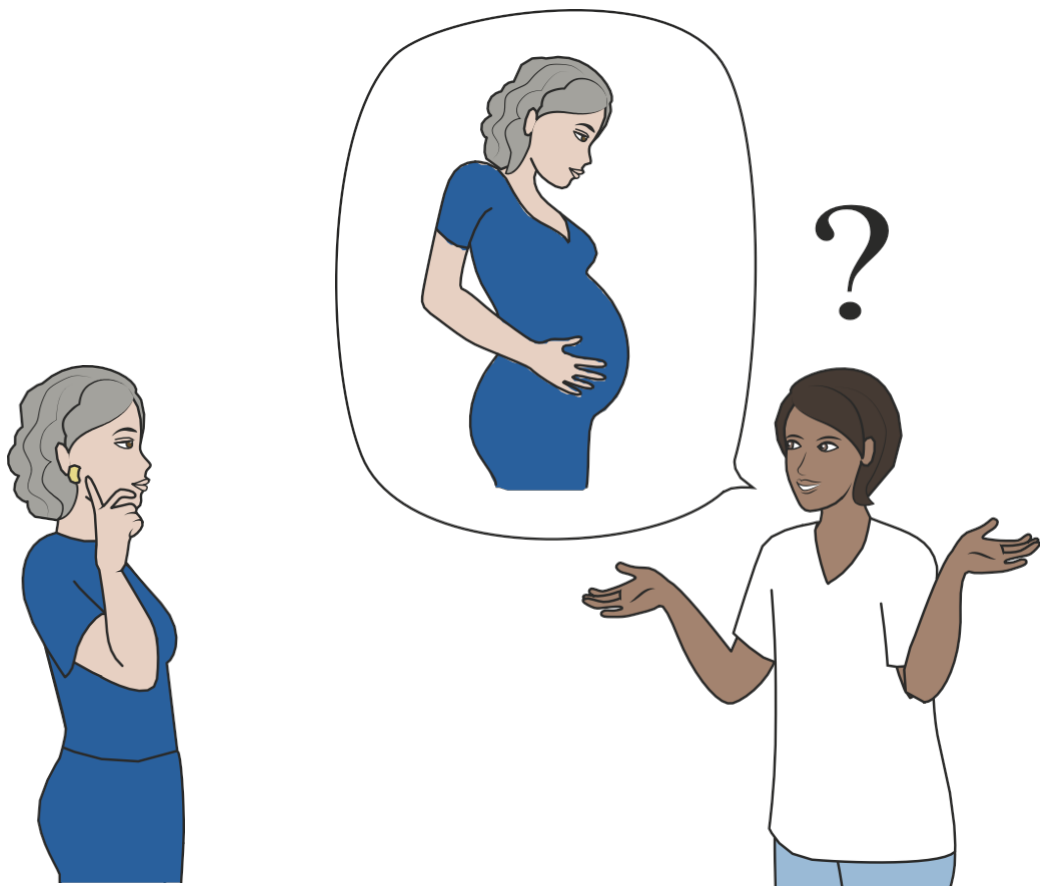
- or somebody can accompany me.



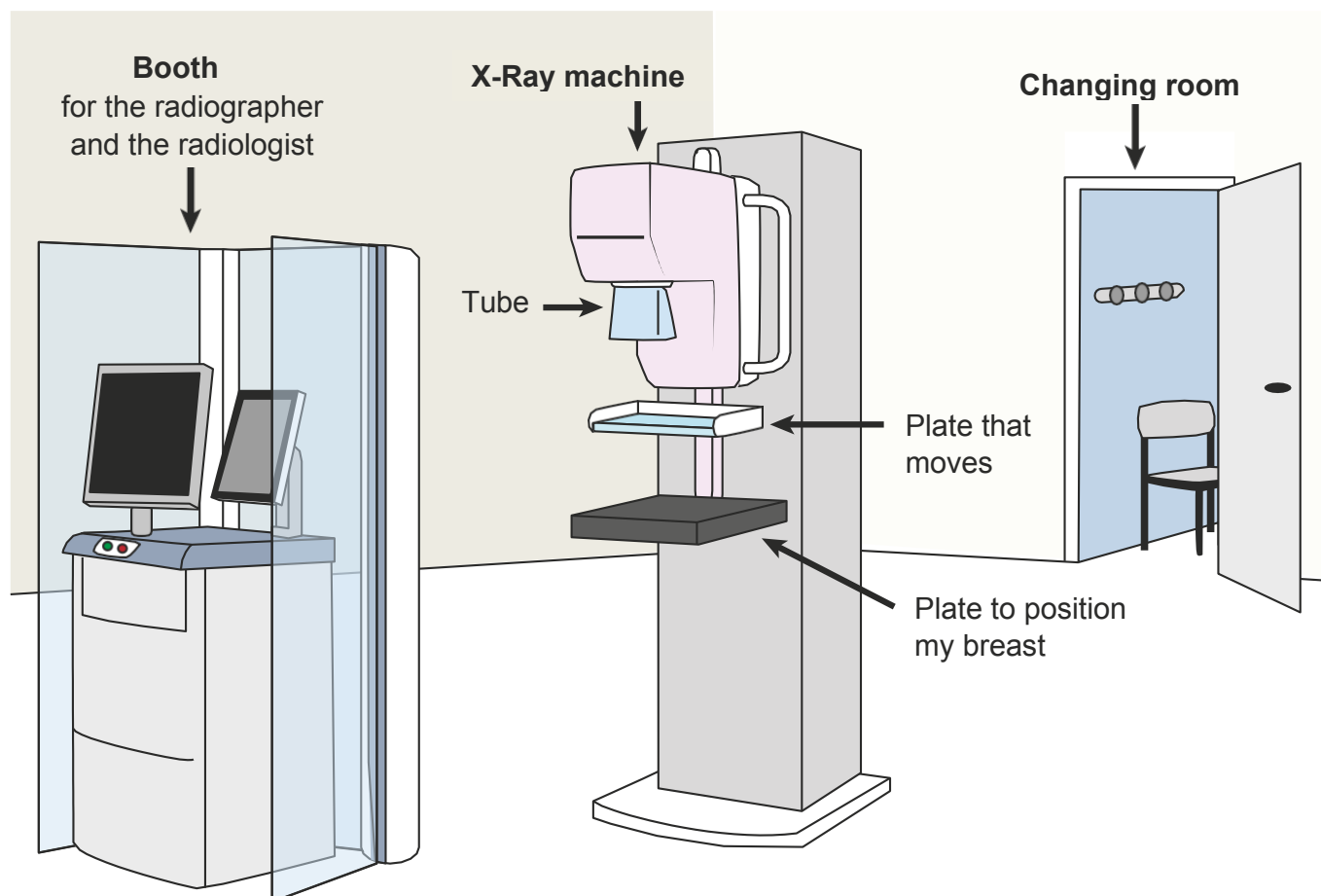
- If anybody in my family has had problems with their breasts?



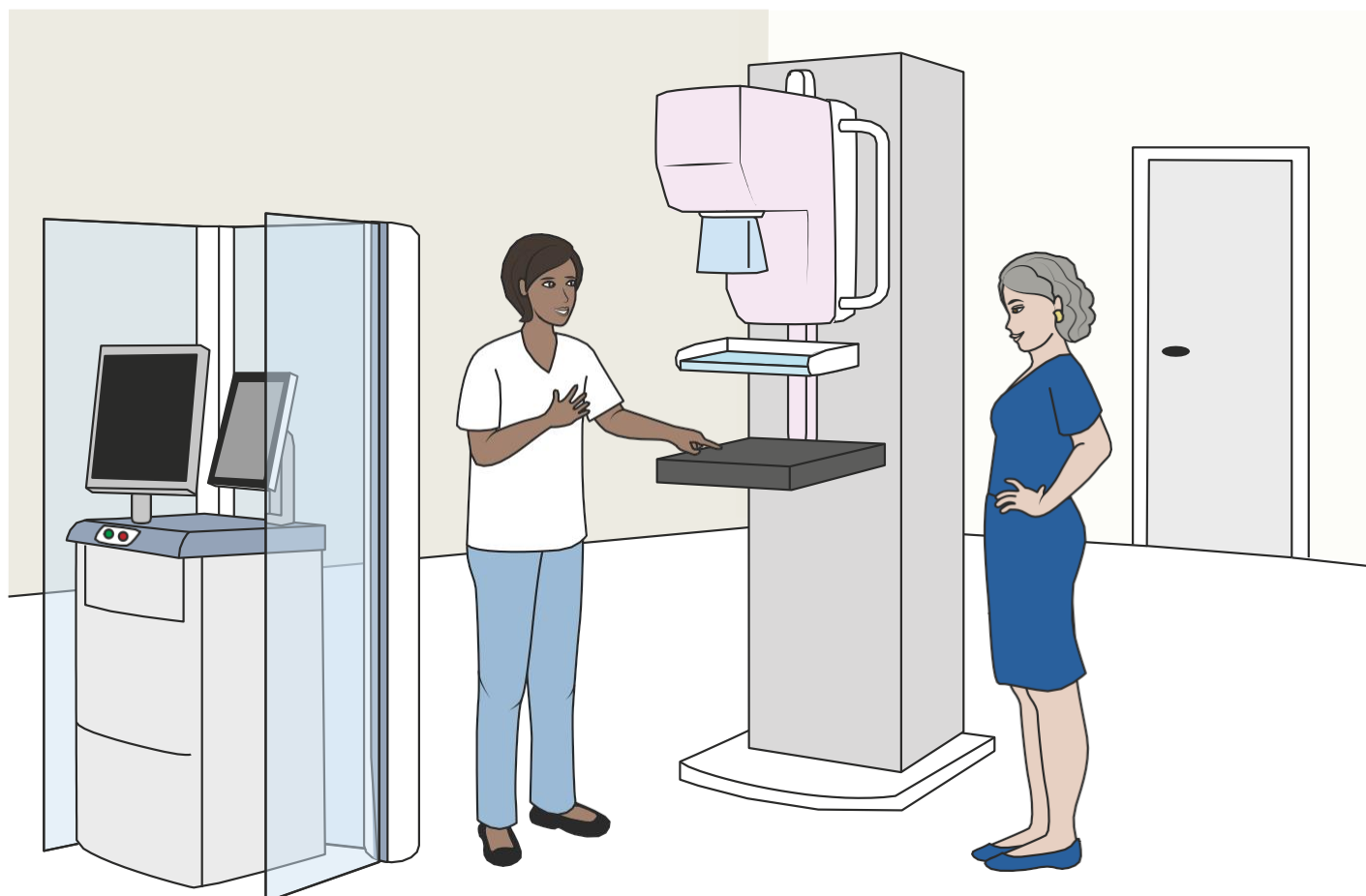
- If I am pregnant?



I go into the X-Ray room.



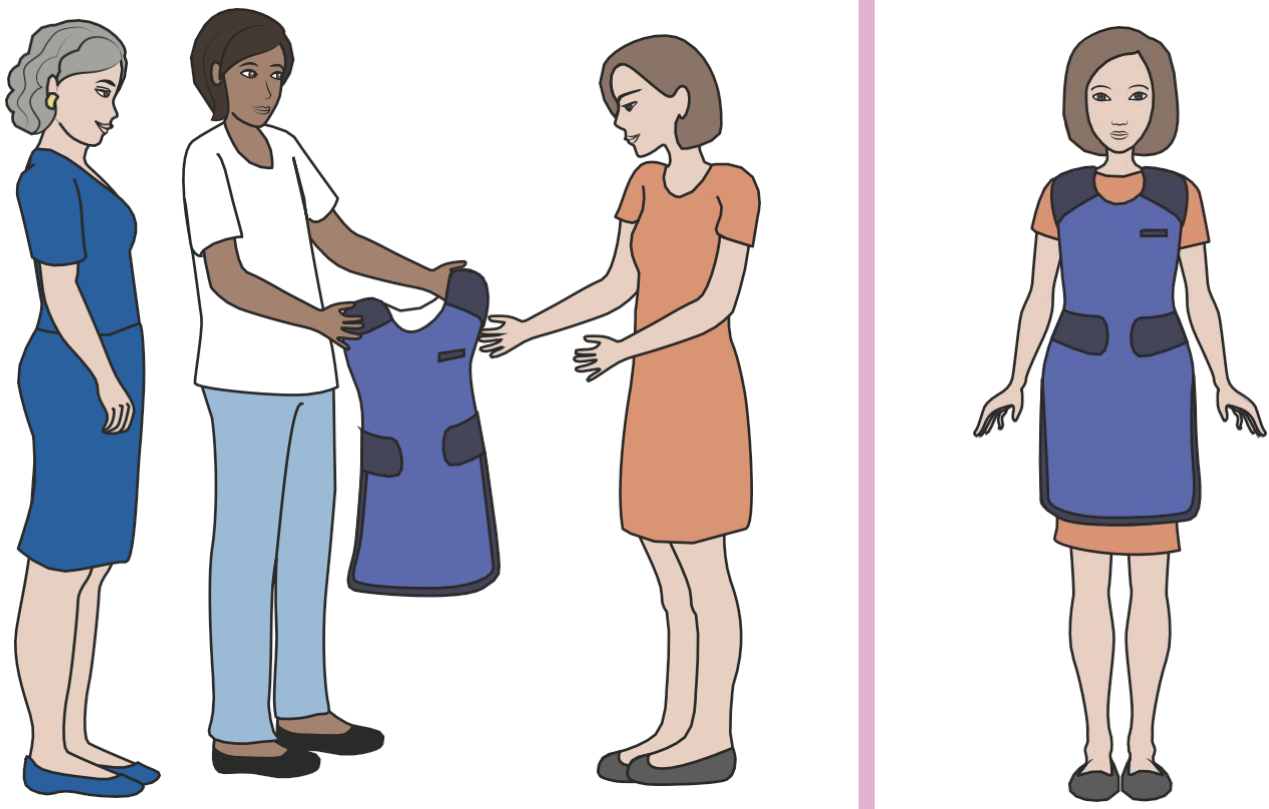
The technician explains what is going to happen.



The person who accompanies me can stay with me.

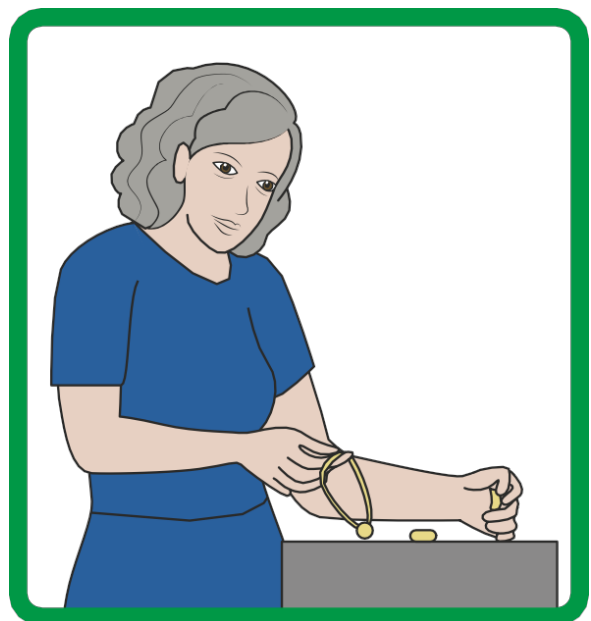
- The radiographer gives them clothes like a protective apron.

For example: a protective apron

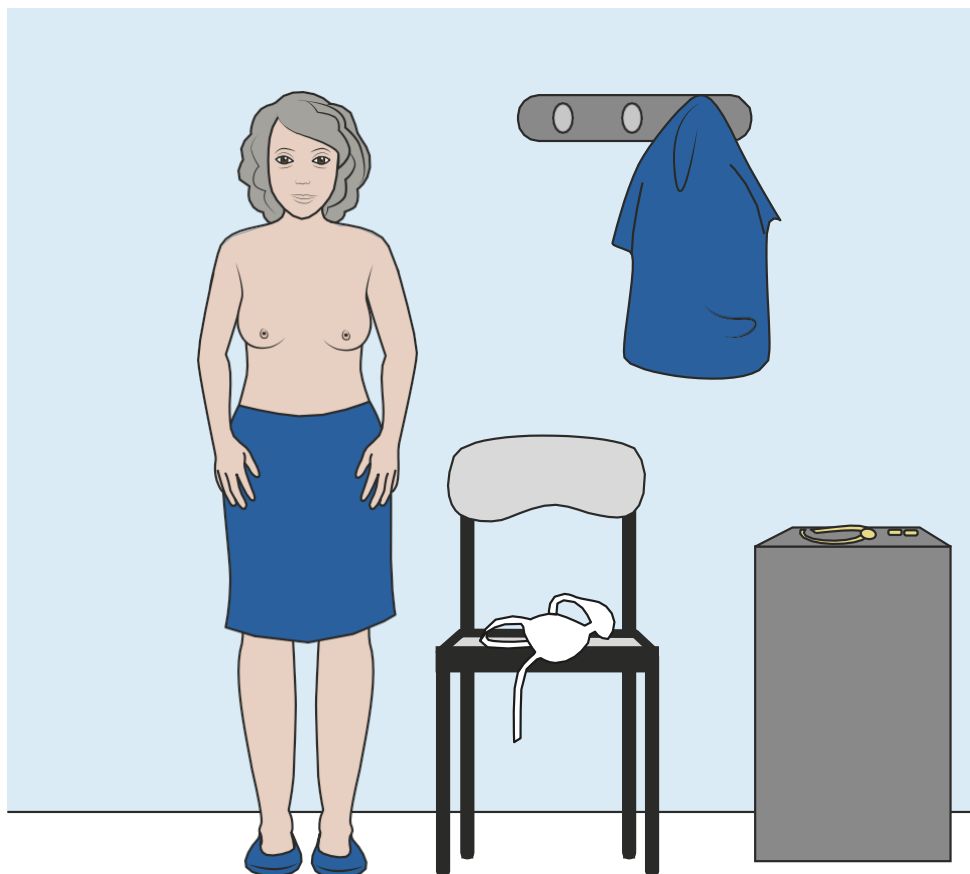


I go into the changing room.

- I take off my jewellery.

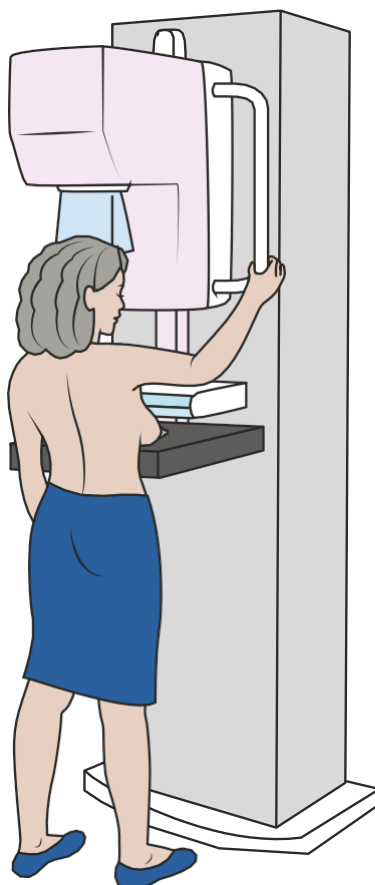


- I undress my top half.

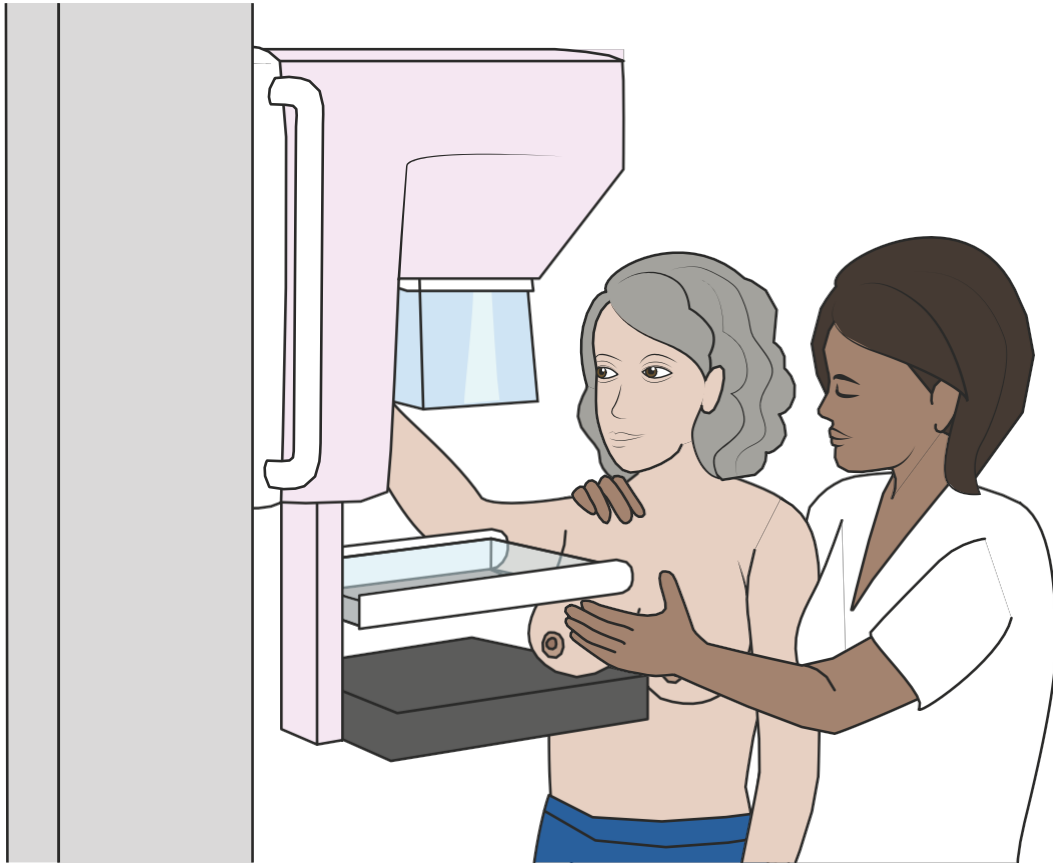


I stand facing the machine.

- I hold the bar.

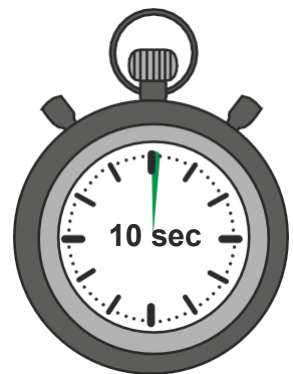
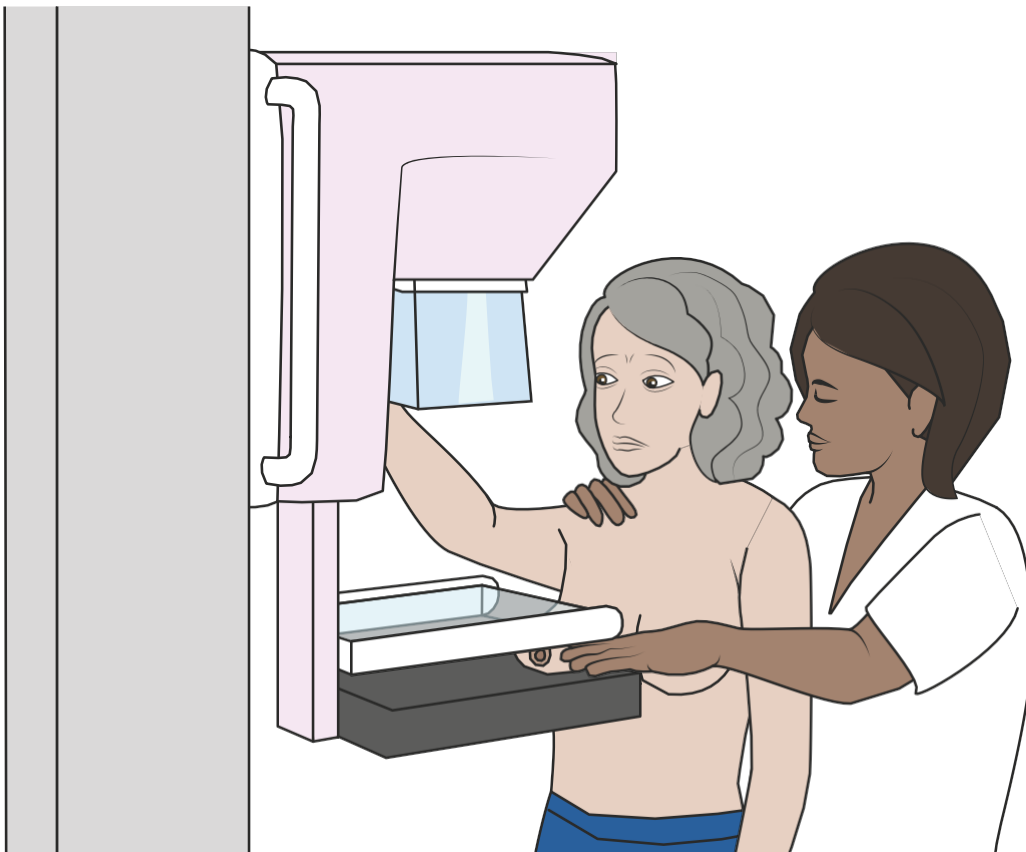


The radiographer places my breast on the plate on the machine.

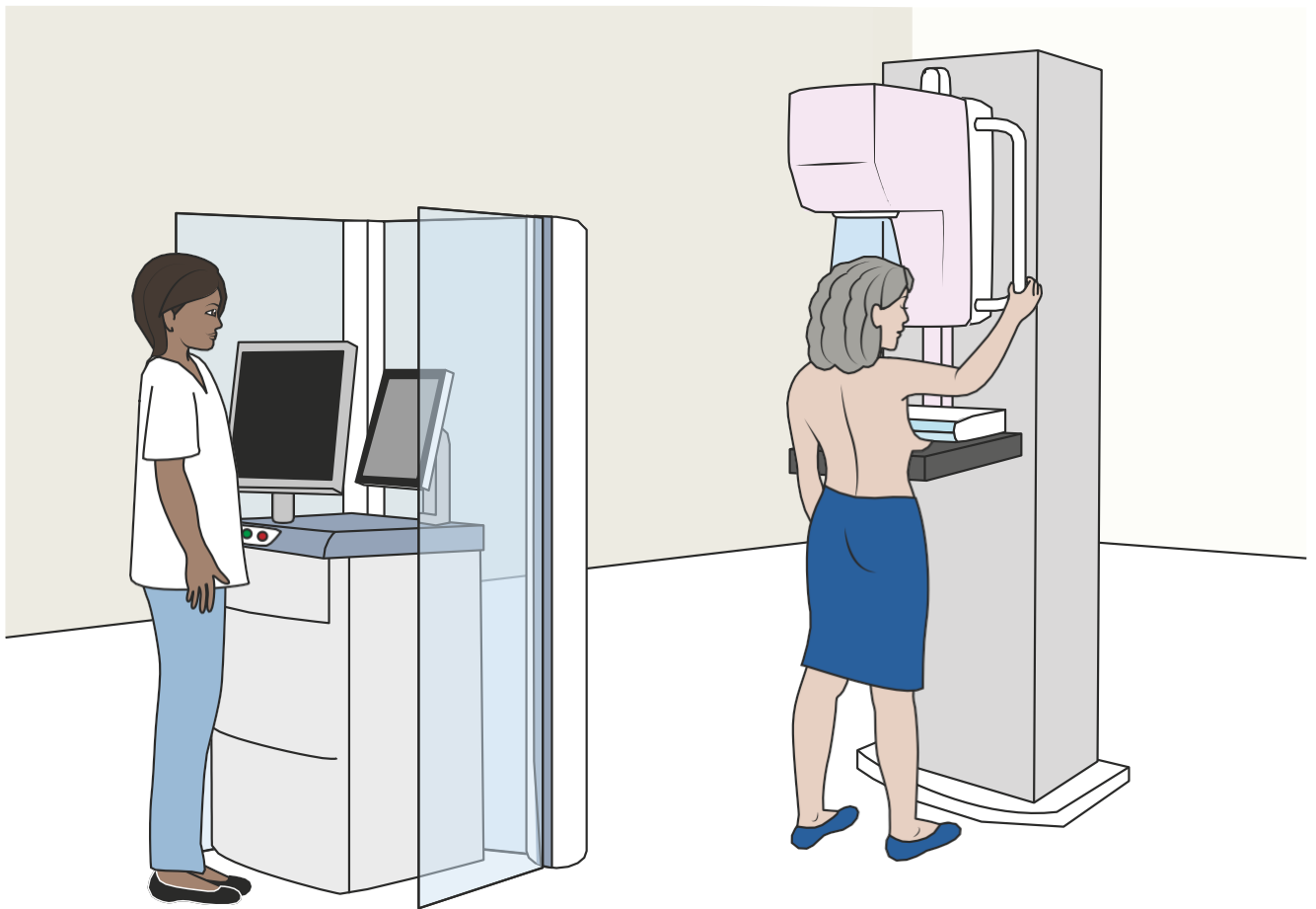


The radiographer presses my breast between the two plates.

- **It may be uncomfortable, but it is very quick.**
I count to 10.



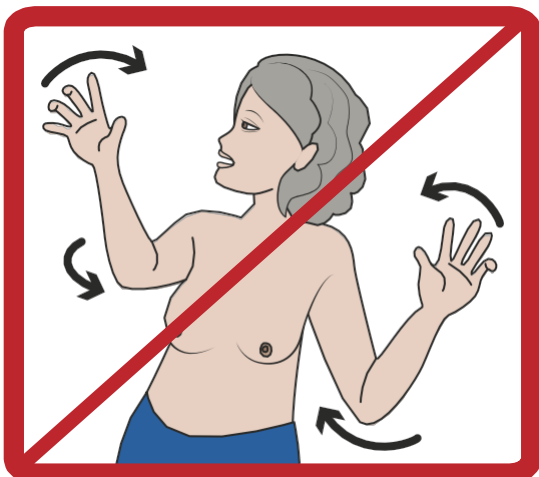
The radiographer positions the tube to take the X-Ray.



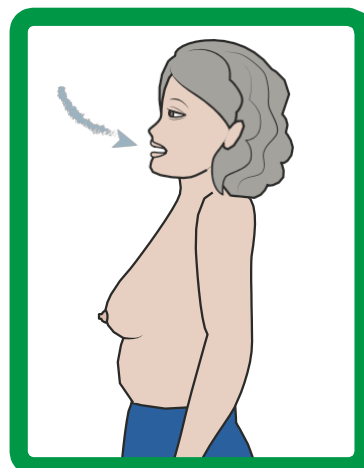
The radiographer asks me:

● not to move.

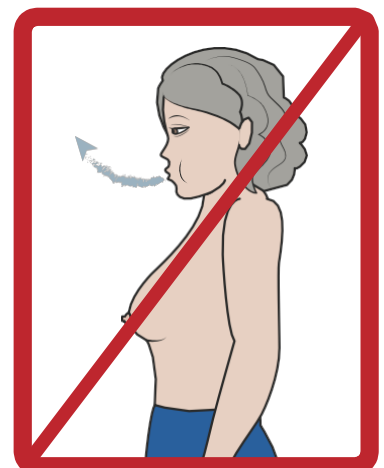
● To hold my breath.



I breathe in deep

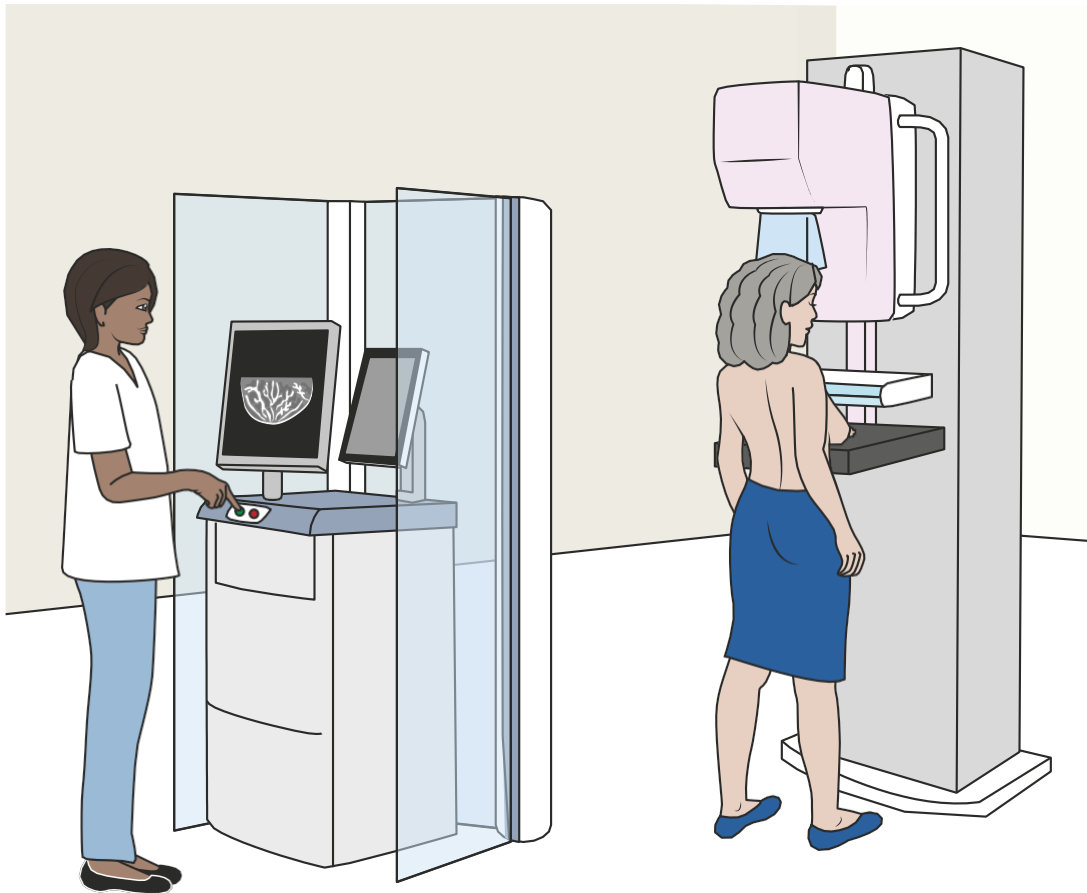


I must not breathe out

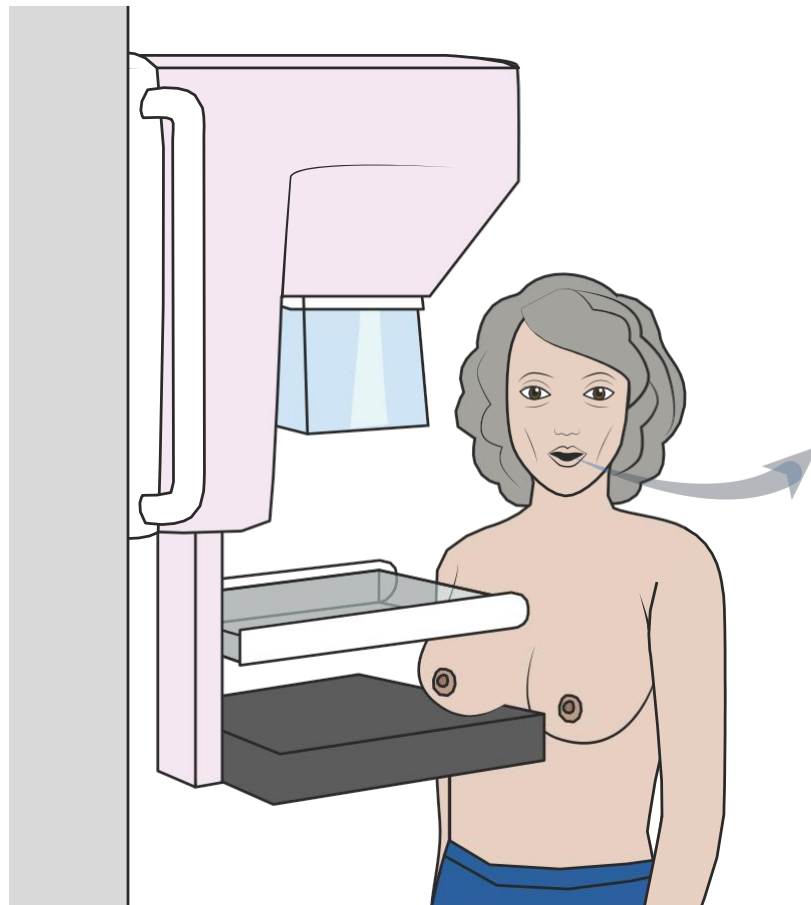


The X-Ray is done. The plate is released.

- I can let go of the bar.



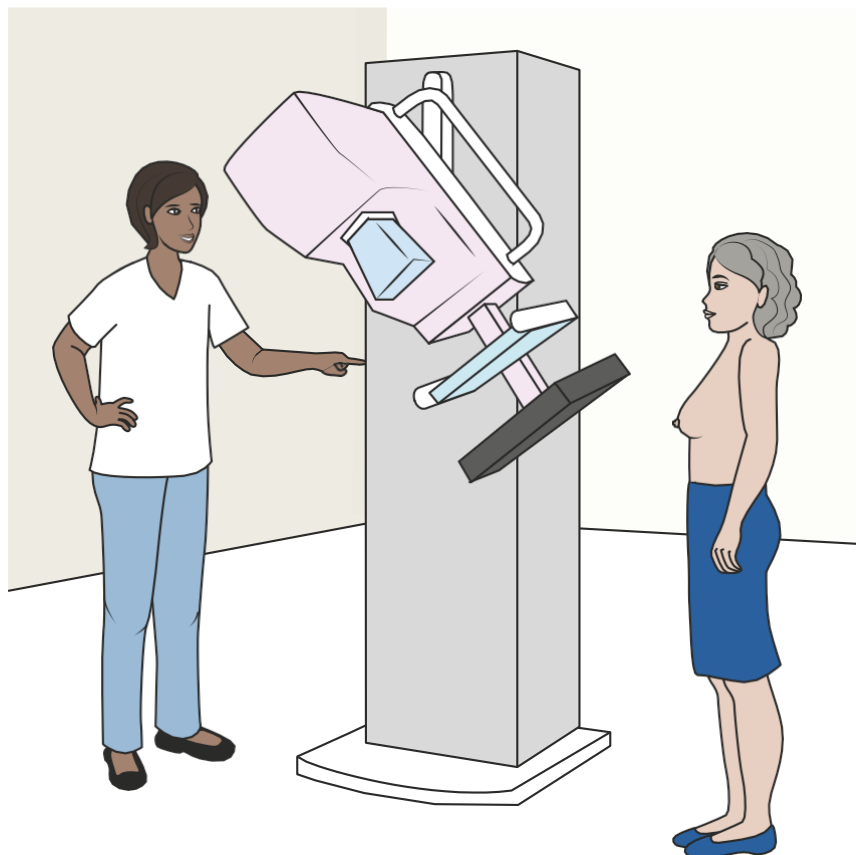
- I can breathe normally again.



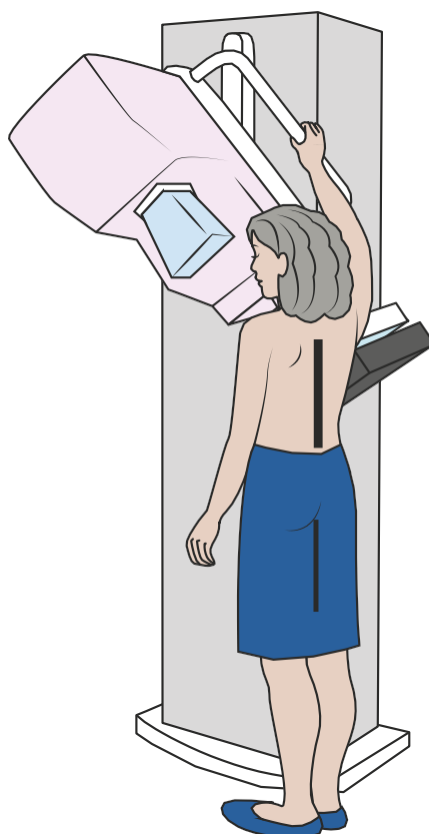
The radiographer takes another X-Ray of my breast.

This second X-Ray is done exactly like the first one.

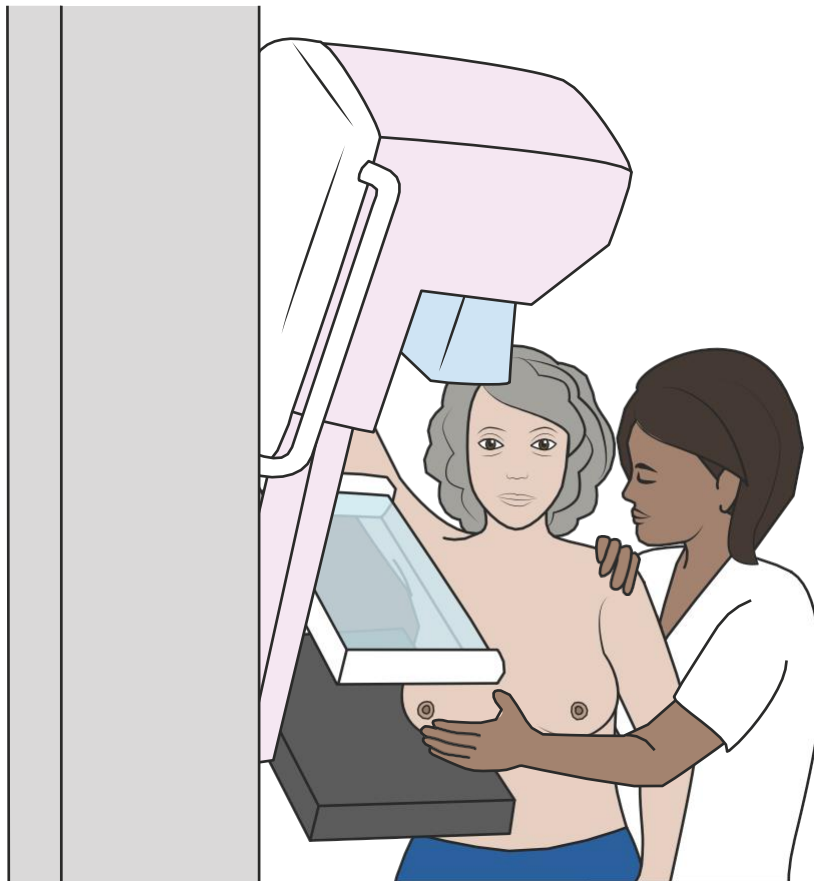
- They move the machine: it is at an angle.



- I stand to one side and hold the bar.

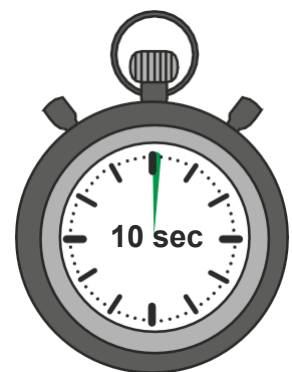
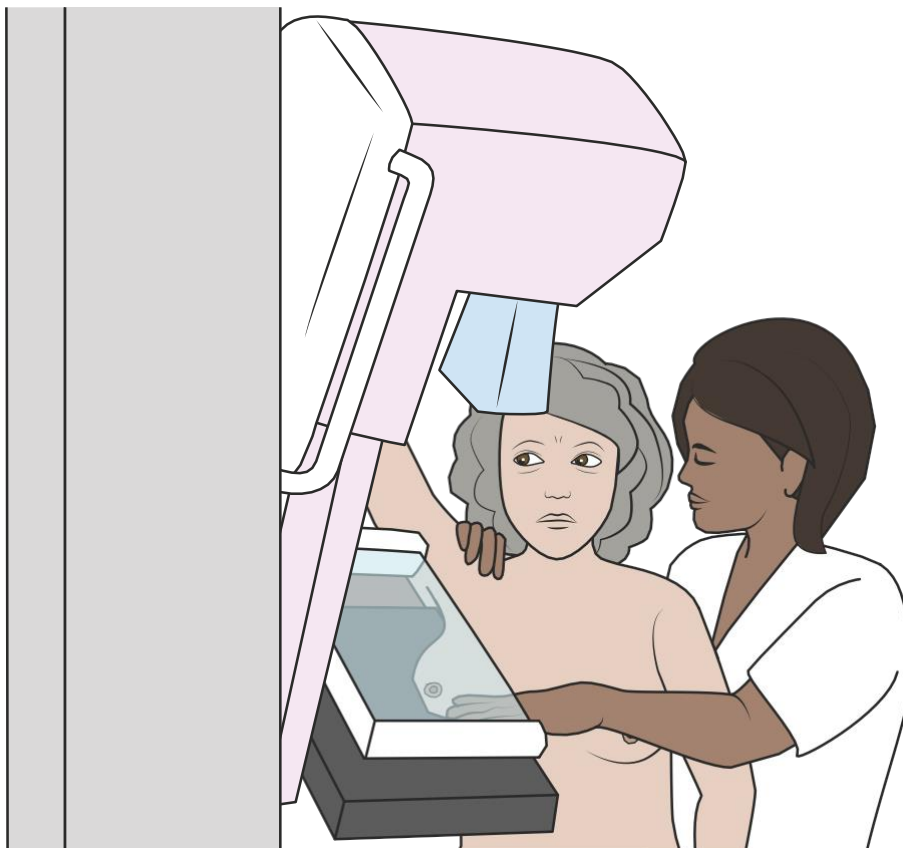


The radiographer places my breast on the plate on the machine.

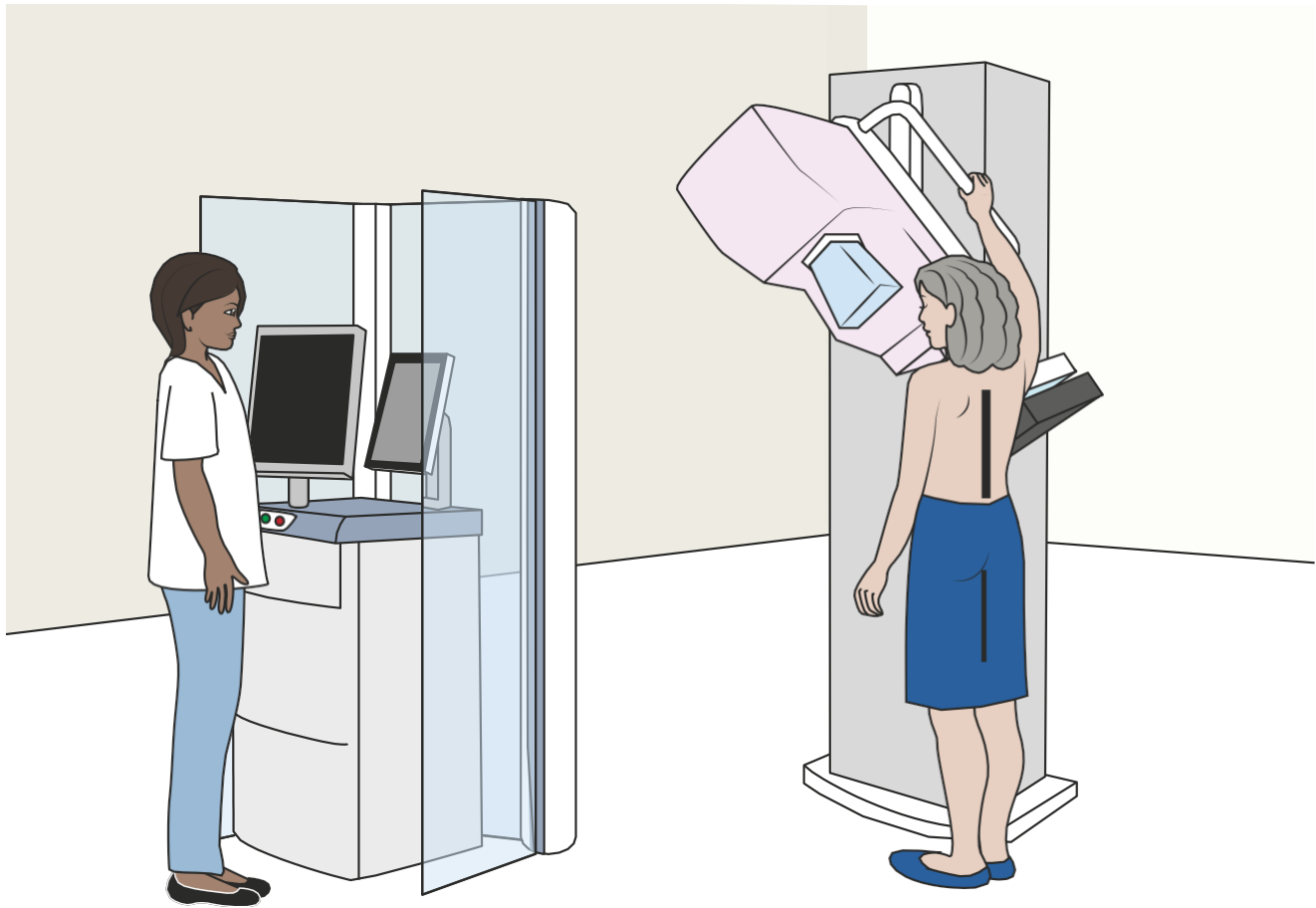


The radiographer presses my breast between the two plates.

- **It may be uncomfortable, but it is very quick.**
I count to 10.



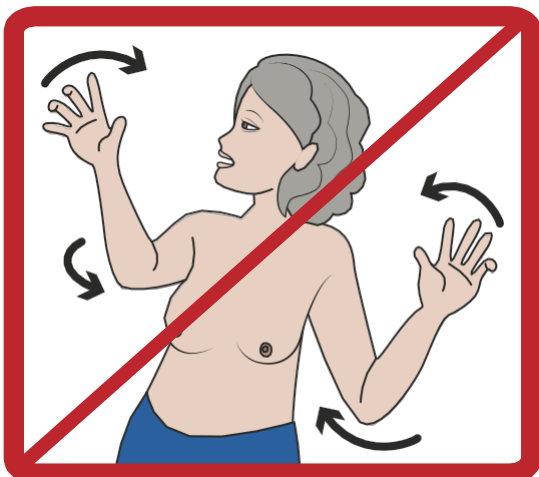
The radiographer positions the tube to take the X-Ray.



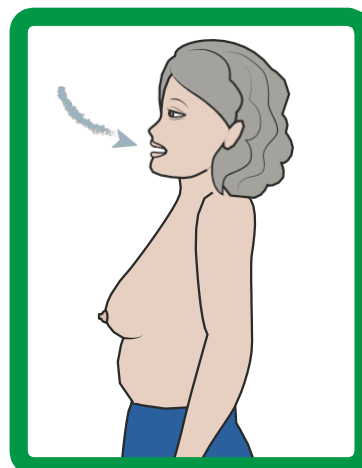
The radiographer asks me:

● not to move.

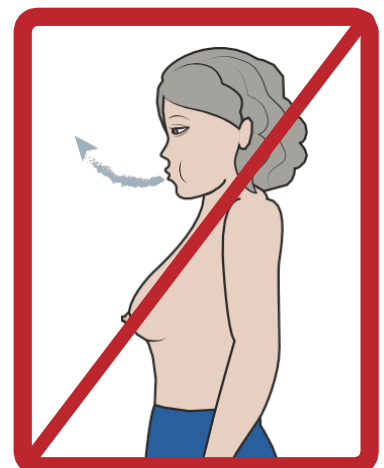
● To hold my breath.



I breathe in deep



I must not breathe out

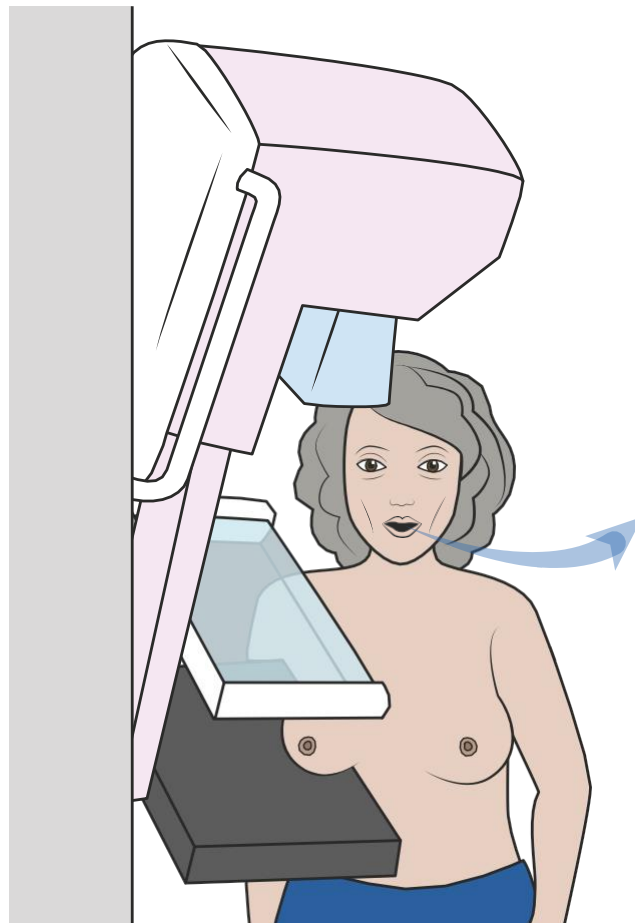


The X-Ray is done. The plate is released.

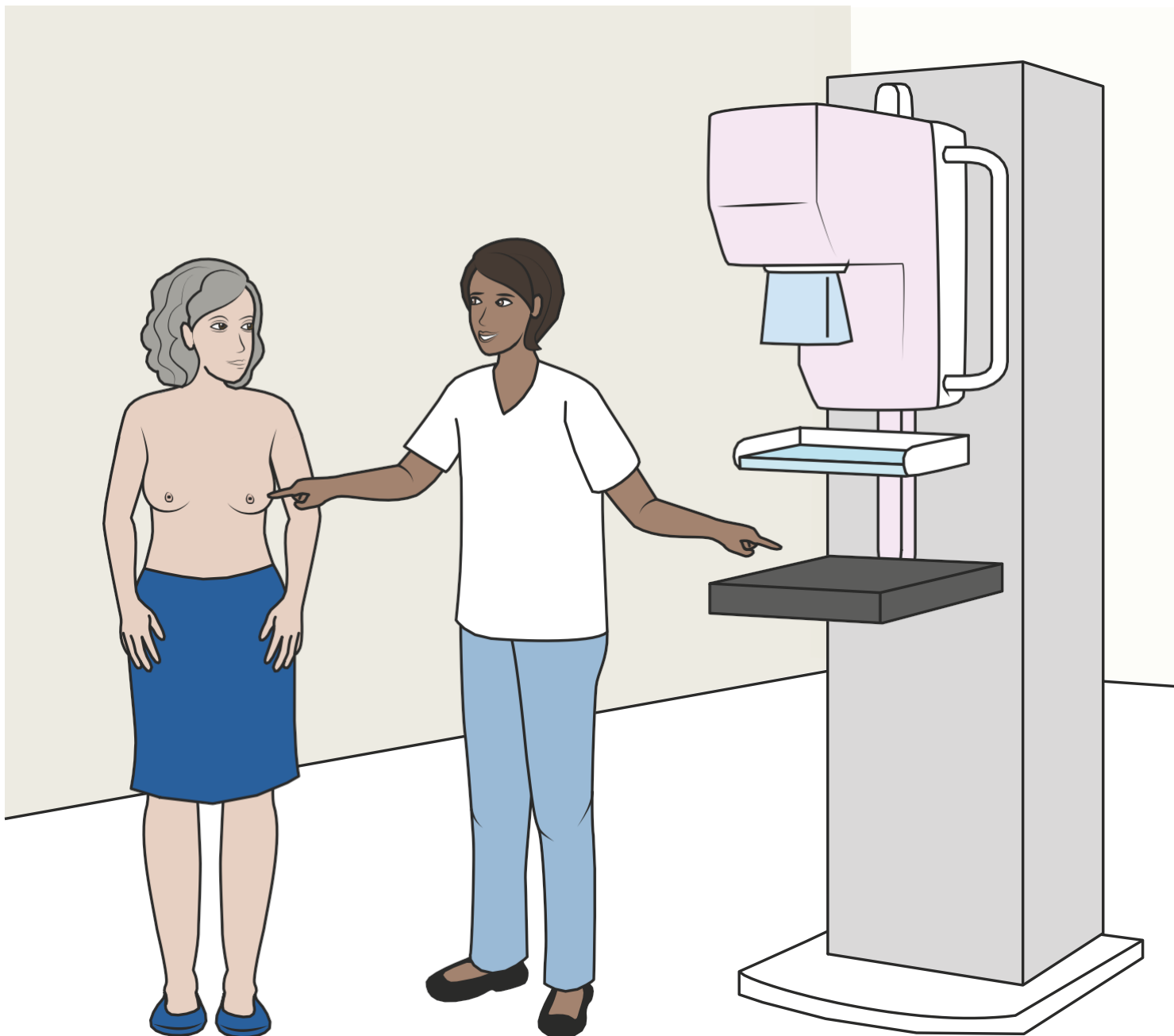
- I can let go of the bar.



- I can breathe normally again.



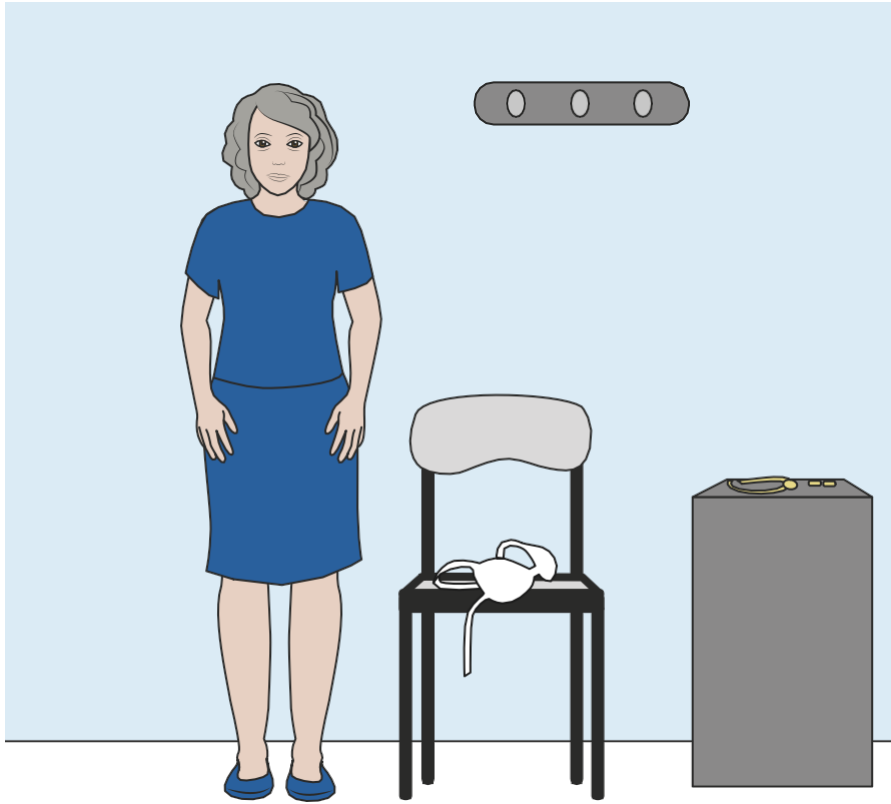
The radiographer does the same thing for my other breast.



After the mammogram

I can put on my top while I wait for the radiologist.

- I don't put my bra on yet.

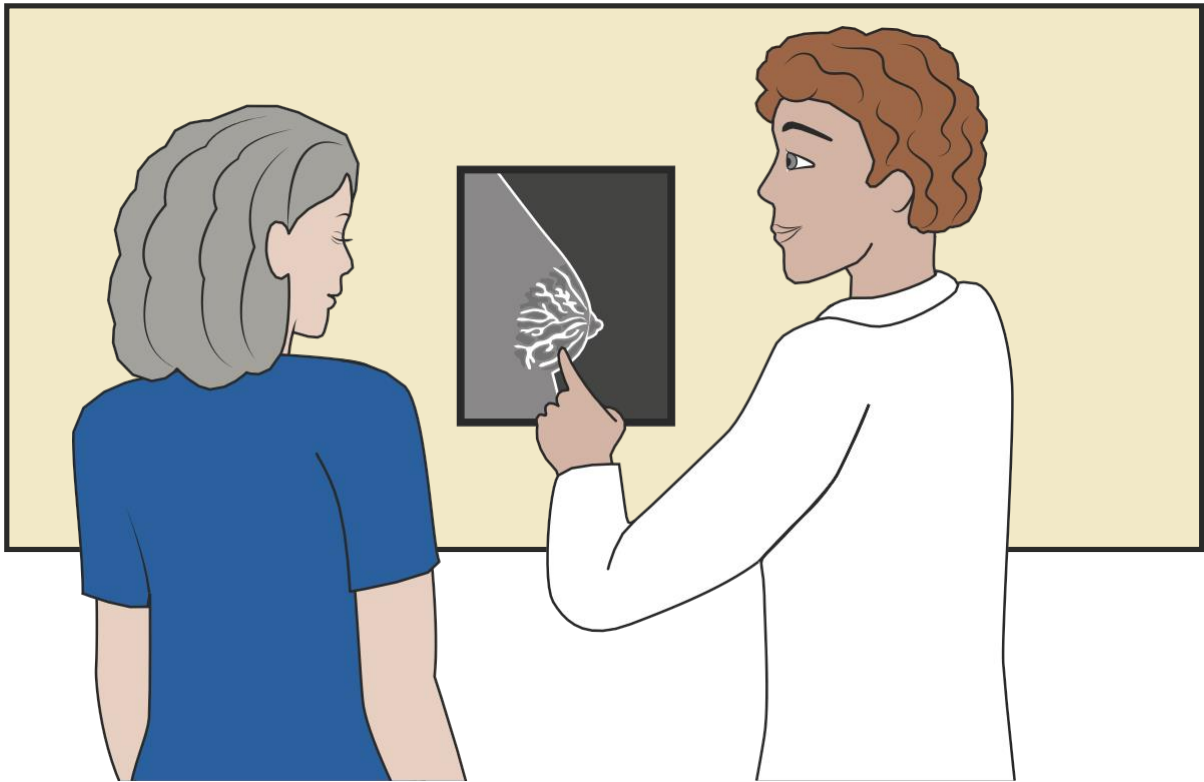


The radiographer prints the mammogram.



The radiographer comes to talk to me about what they can see on the X-Ray.

- **The radiologist is the doctor who analyses the mammogram.**



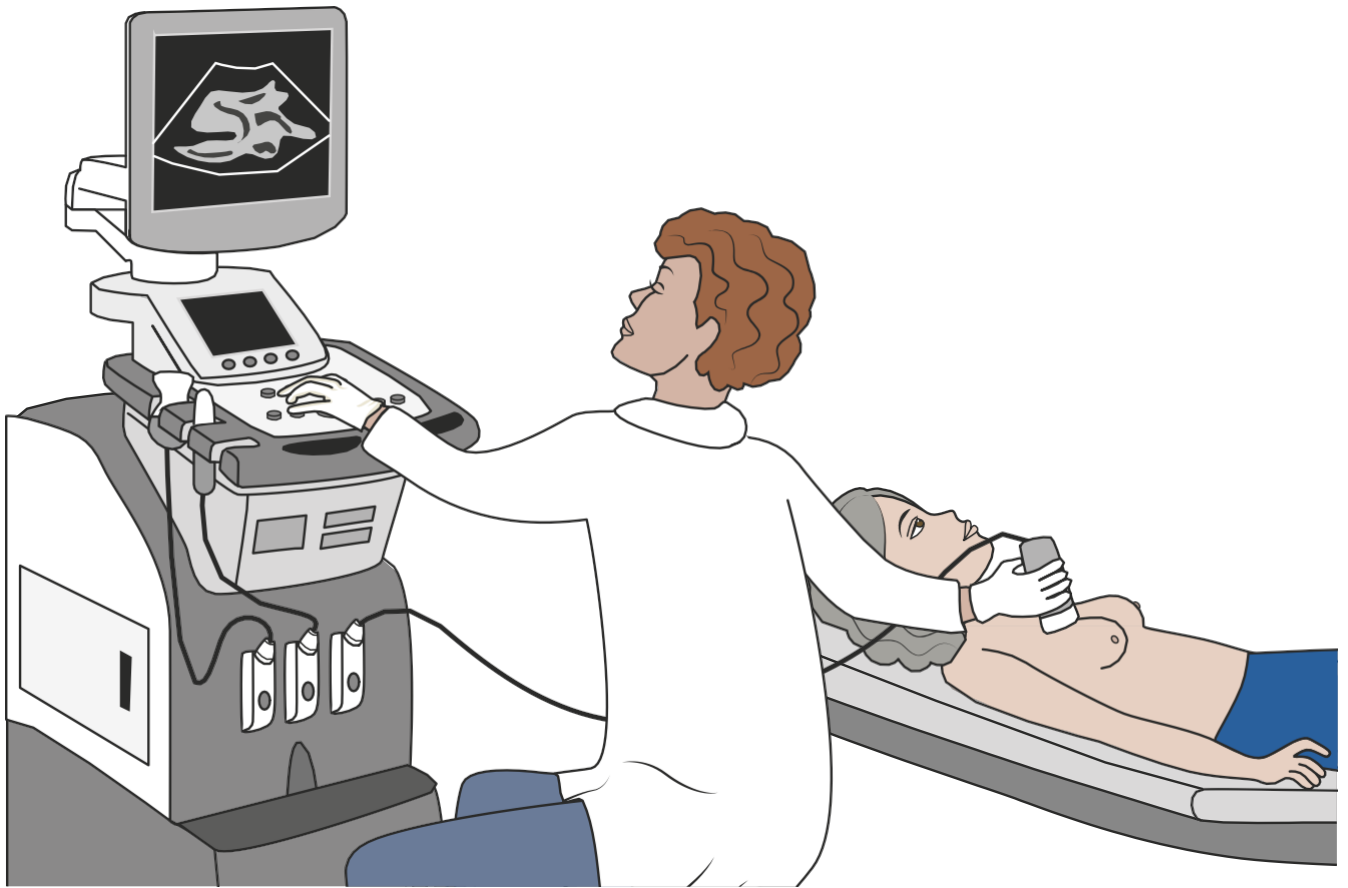
The radiologist may:

- **examine my breasts with their hands: this means touching my breasts.**

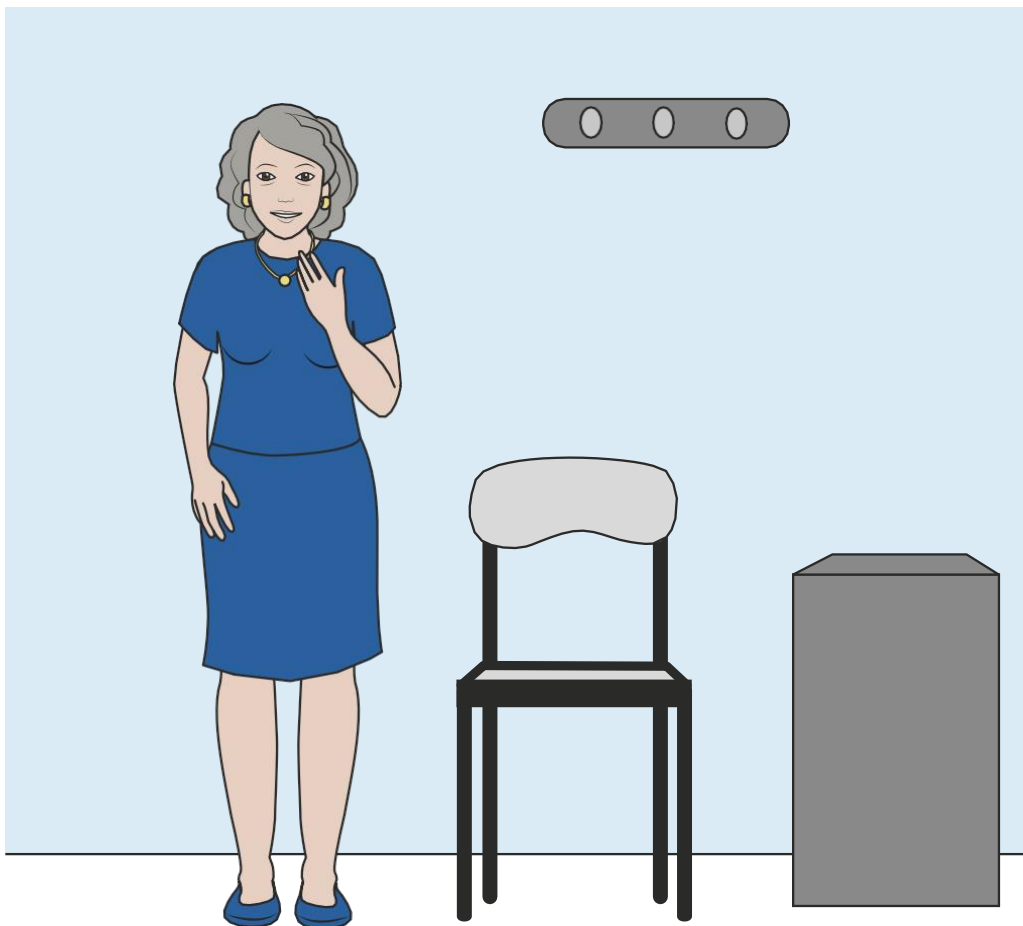


- **examine my breasts with a machine: this is an ultrasound scan.**

The doctor sees the inside of my breasts on the screen.

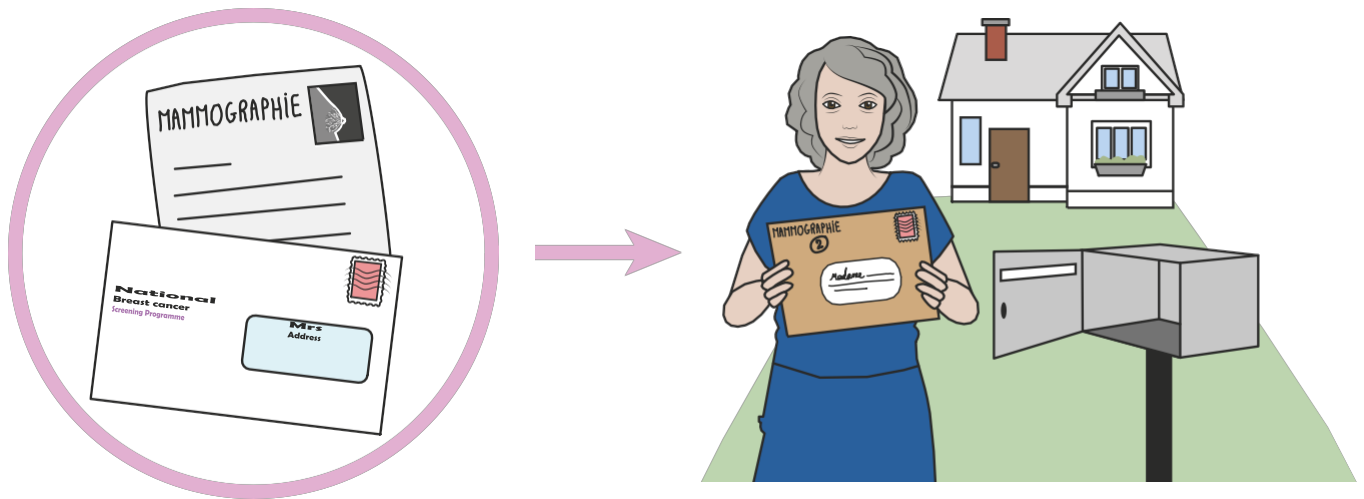


When it is all finished, I can get dressed and put my jewellery on.



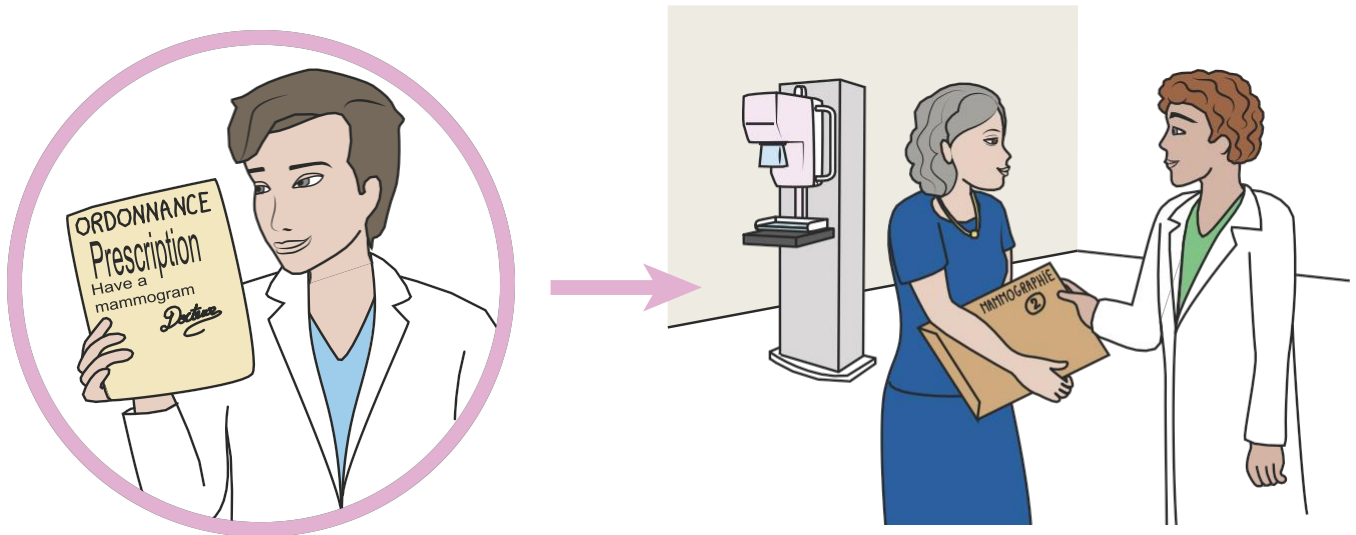
- **If I am over 50 years old and I received a letter:**

I get my mammogram and my results later by post.



- **If I had a mammogram with a prescription:**

I come back to get my results and a letter for my doctor.



I go to see my doctor with my mammogram.

- **He explains my results and answers my questions.**
- **I may recommend more tests.**



Part of the project "Prevention and Detection of breast and colorectal cancers for disabled people", this fact-sheet was co-designed in partnership with



Adapei
Ardèche



Adapei
de la Drôme

afiph
www.afiph.org
ASSOCIATION
FAMILIALE
DE L'ISERE
POUR PERSONNES
HANDICAPEES

**ada
pei** LOIRE
Bien dans
ma vie



Adapei 69
MÉTROPOLE DE LYON ET RHÔNE

Udapei
Savoie

Udapei
Haute-Savoie

It was financed by the Auvergne-Rhône-Alpes regional health agency.



This fact-sheet was approved by the French national council of gynaecological and obstetric medicine.

SYNG F
Syndicat National des Gynécologues Obstétriciens de France

SantéBD Multilingual is a project supported by the Orange Foundation.



Where can I find SantéBD booklets?

- **On the internet:**

Visit the website: <http://www.santebd.org>



- **On my tablet or smartphone:**

Download the SantéBD app from:



All SantéBD booklets are free.

SantéBD is a project by the NGO CoActis Santé.
contact@coactis-sante.fr

SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

All rights of reproduction, representation and modification reserved for any medium worldwide. Any use other than for educational and information purposes, and any commercial use is prohibited. ©CoActis Santé

The creation of this tool was made possible with the support of:

FONDATION HANDICAP
MALAKOFF MÉDÉRIC
Groupe malakoff médéric humanis



MAIRIE DE PARIS



This document was proofread by people with learning disabilities and respects the European Easy-to-Read Guidelines. These guidelines make information available for everyone.

© Logo European Easy-to-Read: Inclusion Europe. For more information, visit the website www.easy-to-read.eu