

# Don't Wait and See, Screen to Be Free

Are you between **50-53** years old and have been invited to a breast screening?



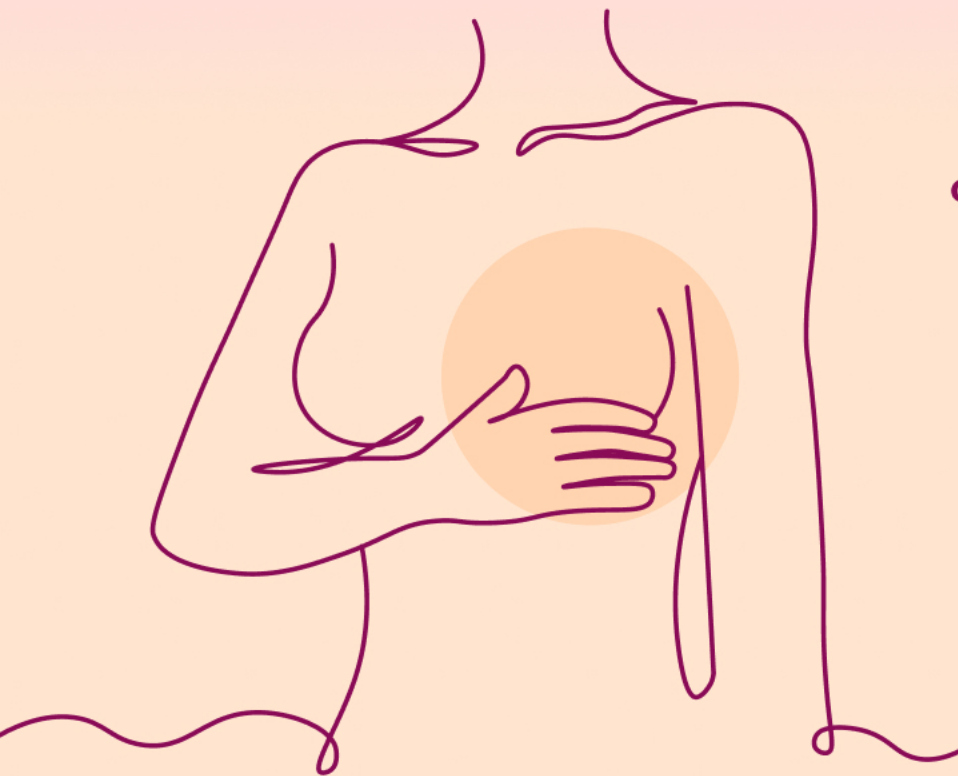
If you have received a letter, please book your breast screening, as it could save your life!

Anyone registered as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71.

Or **click here** for more information

# Check your breasts to put your mind at rest

Breast cancer can affect anyone,  
but early detection saves lives.



You can also scan the QR  
code for more information



## What You Can Do:

- **Know the Signs:** Look out for lumps, changes in breast shape, skin dimpling, or unusual pain.
- **Perform Regular Self-Exams:** Familiarise yourself with your body to notice any changes.
- **Get Screened:** Schedule regular mammograms as recommended for your age and risk.

## Check. Act. Share.

Let's raise awareness, support each other,  
and take steps toward early detection.