

# Cancer Screening in Craigmillar today

## WOMEN IN EDINBURGH URGED TO STAY IN THE BREAST OF HEALTH

Women in Edinburgh will be encouraged to take the 'breast challenge' this week, as the Detect Cancer Early breast screening campaign visits Craigmillar.

With one in nine women in Scotland diagnosed with breast cancer in their lifetime, the campaign is encouraging eligible women between 50 and 70 years of age to make sure they have all the information they need about the national breast screening programme, that will help them decide to take part. Screening can detect tiny cancers that neither people themselves nor health professionals can see or feel.

Promotional staff will be on hand at the East Neighbourhood Centre today to invite women to take the 'breast challenge', raising awareness of the difficulties of feeling small cancers in a bid to encourage women to take up their invitation to attend for screening,

Staff will also be able to provide information on breast screening, give details of local screening centres, and answer any concerns about the screening process. Breast screening saves around 130 lives every year in Scotland, and women are five times more likely to survive breast cancer if it is diagnosed and treated at the earliest stage.

This latest awareness drive forms part of the national Detect Cancer Early campaign, fronted by Elaine C Smith, to ensure women have the facts and take action to protect their health.

Dr Sue Payne, Consultant in Public Health Medicine, NHS Lothian, said: "If you're between 50 and 70 years old and have missed a screening in the last two years, don't worry, it's

not too late – you can organise one today.

“Breast screening only takes 10 minutes and can pick up tiny cancers that you can’t see or feel. This could be life-saving as the earlier breast cancer is found, the easier it is to treat.

“While screening is the best way to detect breast cancer early, it’s important to be aware of any changes to your breasts between screenings. If you spot any unusual or persistent changes, don’t delay in making an appointment with your GP.”

For more information about the Scottish National Breast Screening Programme visit [www.getcheckedearly.org](http://www.getcheckedearly.org) or call NHS Inform on 0800 22 44 88.