

## Confidential Breast Screening Questionnaire

Title:

Forename:

Surname:

Address:

Tel No:  Date of Birth:

Mobile No:

GP's Name & Address:

We would be grateful if you could complete this form before your appointment for breast screening. It will form part of your medical record and a copy of the mammogram report will be sent to your General Practitioner.

**1. Have you had a previous mammogram?**  yes  no

If yes, where and when?

**2. Have you had a previous breast ultrasound?**  yes  no

**3. Have you had any breast problems in the past?**  yes  no

If any, please state:

**4. Do you have any breast problems now, e.g. lumps, discharge from the nipple, pain?**  yes  no

If so, please state:

**5. Have you had a period in the last 12 months?**  yes  no

**6. Are you on any hormone therapy?**  yes  no

**7. Have you any family history of breast disease?**  yes  no

If so, please explain relationship:

**Signature:**  **Date:**



**Call: 020 8505 3311**  
**Email: [info@theholly.com](mailto:info@theholly.com)**  
**Visit: [theholly.com](http://theholly.com)**

The Holly Private Hospital  
High Road, Buckhurst Hill  
Essex IG9 5HX

Part of Aspen Healthcare  
[www.aspen-healthcare.co.uk](http://www.aspen-healthcare.co.uk)

V1.0 May2016

The Holly  
PRIVATE HOSPITAL

## Breast services Rapid Access



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[theholly.com](http://theholly.com)

## Breast screening

### Can I have a breast screen?

If you are over 40 years of age and have no breast problems, you can have a breast screen.

### What is a breast screen?

A breast screen at The Holly Private Hospital uses micro dose mammography to detect the early onset of breast disease.

### What happens at a breast screen?

When attending for your screen please avoid the use of talcum powder or spray deodorant. You will be seen by a radiographer, who will explain the process of a breast screen and ask you a few questions. You will then be asked to undress to the waist. Each breast is positioned separately and will gradually be compressed with a clear plastic plate. This may cause some discomfort for a few seconds only.

### How long does a breast screen take?

The whole visit takes about 20 minutes.

### What happens after a breast screen?

Two consultant radiologists with a special interest in breast disease will read and report your mammogram. If the result is normal you will be sent a letter advising you so in approximately seven days. Your GP will be sent a copy of the full report.

If an abnormality is detected, you will be telephoned to discuss what will happen next. It is your choice whether to have further investigations at The Holly Private Hospital, or to have your GP arrange your assessment via your local NHS breast unit.

Sometimes it is necessary to recall you for a more thorough check and this often clarifies a normal result.

### How often can I have a breast screen?

All ladies over the age of 40 are now called yearly for their mammogram. Direct comparisons can be made with any previous mammograms that have been performed at The Holly Private Hospital and other sites including the NHS.

From the age of 50, you are entitled to a breast screen, as part of the NHS screening programme. You will be asked to attend every three years until the age of 70.

We recommend that you accept your NHS breast screen, but you may like to supplement these by having a breast screen at The Holly Private Hospital in the in between years.

### I would like a breast screen

You may self-refer for a breast screen as long as you have no known breast problems and are not under the present care of a breast specialist. To book an appointment or for any enquiries, please call: **020 8936 1202.**

## Combined breast and osteoporosis screening

Osteoporosis will affect around one in three women and one in five men, and is a condition which causes loss of bone mineral to a point where fractures can occur following a minor injury, such as a fall. Such fractures can be debilitating in later life and many people will have no symptoms before a fracture occurs.

Our diagnostics department can now also offer an osteoporosis primary assessment service to check bone density. This two-minute examination involves taking a simple x-ray of the hand and is also performed using our mammography unit. This check can be carried out in conjunction with your mammogram or as an individual examination.

We use unique DXR technology which is a quick scan using a low dose of radiation to assess bone density. The scan is completely painless and takes less than a minute to perform. A report will be sent to both you and your GP.

You may particularly benefit if you have any of the following risk factors including:

- Being underweight and/or excessive dieting (BMI < 19)
- Family history - especially maternal hip fracture
- Early menopause - surgically or naturally (<45 years)
- Diet that is poor in calcium and/or Vitamin D
- Long-term steroid requirement, smoking or alcohol excess
- Previous fracture following a minor fall.



## Rapid access breast clinic

Our one-stop breast clinic provides a rapid diagnosis and eases the anxiety of any breast concerns such as the discovery of a lump. The clinic is led by a consultant breast care specialist and supported by other specialist healthcare professionals to provide a 'one-stop' service for the majority of patients.

- Examination by a consultant breast care specialist.
- If necessary, the consultant may then refer you for further tests such as:
  - a mammogram (an x-ray of the breast)
  - an ultrasound scan of the breast
  - a biopsy.
- Results are usually available within the same appointment to enable a speedy diagnosis and reduce the anxiety of waiting for results.
- The consultant will explain the results to you and, if necessary, discuss the options and recommend any further course of treatment needed.
- If an abnormality is detected you will receive the immediate support of a breast care nurse counsellor and early access to treatment.

The breast clinic is available to anyone with breast symptoms and you can self-refer to this service. A referral from a GP or other healthcare professional will be required, however, if you want to pay with any private health insurance you may have.

**Call: 020 8936 1202**  
**visit: [www.theholly.com](http://www.theholly.com)**

### Other hospital services

As well as diagnostic imaging, The Holly Private Hospital offers a wide range of services including outpatient clinics in most specialties, health screening and private GP services, fertility unit and cosmetic surgery. With five operating theatres and a brand new outpatient facility including minor treatment rooms, we can accommodate all types of surgery from mole removal and tonsillectomy to hip replacement and hysteroscopy. We welcome both insured patients, including BUPA and AXA-PPP, as well as those choosing to pay for their own treatment.