**MAMMOGRAMS AND BONE DENSITY SCANS**

**Mammograms**

Our hospital policy is to offer you a yearly mammogram for 5 years after you were diagnosed with Breast Cancer. This is to check that your breast tissue is normal.

Please complete this form as a reminder for your future reference. If you are unsure of any dates please check with your Doctor or Clinical Nurse Specialist.

You should have your following Mammograms

1st........................................

2nd........................................

3rd........................................

4th........................................

5th........................................

If you are no longer attending regular follow-up appointments then a letter will be sent to you regarding the result. This may take up to 8 weeks.

If you do not receive a letter or wish to know the result after 2 weeks days then please call your Clinical Nurse Specialist.

If you need to change your Mammogram appointment please telephone the X-ray office on 01895 279326

After your 5th Mammogram your GP can re-enter you into the National Screening Programme. The telephone number to call is 0203 7582024 (Charing Cross)
The screening programme will then automatically recall you for a routine mammogram every 3 years if you are aged 50 -70 years.

**NOTE** If you receive an invitation to attend a screening mammogram during the first 5 years please cancel the appointment.

If you are older than 70 years then you can still request a mammogram if you wish. But you will not automatically be recalled.

If you are younger than 50 your follow up mammography will still be carried out at Hillingdon every year until you are 50 years old.

**Bone Density Scans**

If you are taking Arimidex, Letrozole or Extemestane your Oncologist will advise you about bone health and will ask your GP to refer you for a bone density scan. This may need to be repeated your Oncologist will advise you on frequency of scans. whilst you are taking the tablets. If your bone density scan shows that your bones are thinner than normal you will be prescribed calcium supplements, or bone strengthening medication.

1st........................................

2nd........................................

3rd........................................

NT 2018