

Breast Personalised Stratified Follow Up (PSFU) annual mammogram

This leaflet explains about annual mammogram as part of the Breast Personalised Stratified Follow Up programme. If you have any further questions, please speak to a doctor or nurse caring for you.

Why am I invited for annual mammogram?

As part of the Breast Personalised Stratified Follow Up (PSFU) programme, you will be invited for annual surveillance mammograms for at least five years. You should only need one mammogram every 12 months.

Although you are having annual surveillance mammograms if you are over 50, you will still receive an invitation for standard three-yearly breast screening from the London Breast Screening Administration Hub. You need only one mammogram every 12 months. If you have recently had a screening mammogram, please get in touch with us and we will make note of your result and reset when your next PSFU mammogram is due.

What happens after my mammogram appointment?

You will not be given your results on the day of your appointment. Your mammogram will be reported and you should receive the results within two to three weeks.

If your mammogram is normal, then we will write to you and your GP with the result. We will then book your next mammogram for 12 months' time.

If your mammogram indicates that further tests and assessment are needed, we will invite you in for an appointment with one of our breast surgeons. Depending on availability, where possible, we will book this with the surgeon who has previously treated you. This will be held at the Rose Centre.

What happens if I have been in PSFU for five years?

In this case, you are due for a review and possible discharge from the programme. We will either write to you or arrange a telephone appointment.

If your most recent mammogram was normal and you are aged 50 years or over, you may be discharged back into the care of your GP and will be offered three yearly screening mammograms through the National Breast Screening Service.

If you are on endocrine treatment, we will arrange a telephone appointment for a medication review prior to discharging you into the care of your GP.

Depending on your original diagnosis, if you are not yet 50 years old, we will either discharge you back to the care of your GP or we may extend your surveillance until you reach 50 years of age and are eligible for the National Breast Screening Services.

When should I contact the PSFU Helpline?

To ensure we offer you the most appropriate appointments, we would be grateful if you could keep us informed of changes in your situation by calling the **PSFU Helpline** on **020 8725 0500** for any of the following reasons:

- You have any concerns about new breast symptoms or lumps
- You receive further treatment or a new diagnosis relating to your breast(s) either at St George's Hospital or another hospital
- You have any concerns about your endocrine treatment or stop your treatment
- You have had another mammogram, outside your annual PSFU surveillance mammogram
- Your address or telephone number change
- You move out of the area and would like to be transferred to a more local service.

Useful sources of information

The Macmillan Support and Information Service

The team provides free, confidential information and support for anyone affected by cancer. (Monday to Friday 9am to 4.30pm, excluding bank holidays)

Location: Ground floor of Grosvenor wing in St George's Hospital and on the ground floor of Queen Mary's Hospital.

Tel: 020 8725 2677 **Email:** cancer.information@stgeorges.nhs.uk

Breast Cancer Now

Tel: 0808 800 6000 **Web:** www.breastcancer.org

Macmillan Cancer Support

Tel: 0800 808 00 00 (Mon-Sun 8am-8pm) **Web:** www.macmillan.org.uk

For more information leaflets on conditions, procedures, treatments, and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

