



Bupa Breast Health

If you're over 40 and concerned about your breast health, take a step towards peace of mind with a thorough Bupa Breast Health Check.

Why choose the Bupa Breast Health Check?

Breast cancer is the most common cancer in the UK. It is diagnosed in over 44,600 British women annually.* Most of them are over 50, but it also affects younger women - especially those with a family history of the disease. Early detection hugely improves your chances of getting better (breast cancer death rates in the UK have fallen by a fifth in the last ten years).*

Fast results and unhurried advice

With Bupa, you receive your results as quickly as possible. Even better, you have plenty of time to talk to one of our expert doctors about what they mean and what you can do about them.

* Source: Cancer Research (UK)

0845 604 0612
www.bupa.co.uk/wellness



What's included

The check starts with a personalised consultation about your breast health and risks. You talk through your background and lifestyle with a doctor. Then you undergo a careful examination, to check for any abnormalities. We give you breast awareness guidance and if you're over 40, a mammogram.



Medical tests

Medical history

Complete a detailed questionnaire about your background and medical history.

Consultation

Talk through your concerns.

Breast awareness instructions

Learn how to be breast aware.

Total duration: 60 minutes

Physical examination

A physical and visual examination of the breasts.

Mammography

An X-ray of the breast - an effective way of finding early cancers (for women over 40).

**Time with doctor
or nurse:** Up to 30 minutes

Call 0845 604 0612* to book an appointment
www.bupa.co.uk/wellness

Bupa Wellness, Battle Bridge House, 300 Gray's Inn Road, London WC1X 8DU. Bupa Wellness Health Assessments are provided by Bupa Occupational Health Ltd. Registered in England and Wales no 631336. Registered office, Bupa House, 15-19 Bloomsbury Way, London WC1A 2BA.

*Lines are open Monday to Friday 8am to 6pm. Calls may be recorded and monitored. BT landline calls to 0845 numbers will cost no more than 3.95 pence per minute. Charges from other providers may vary and calls from mobiles usually cost more.

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