

Why should you have breast screening?

- Screening can find breast cancer before you think anything might be wrong.
- The sooner breast cancer is found, the better chance you have of surviving it.
- If breast cancer is found early enough it will usually need less treatment.

What are the risks of breast screening?

- Breast screening does not find all kinds of breast cancer.
- Screening might find cancer that wouldn't do you any harm. You will have to decide if you want treatment.
- There is a very small chance that having your breasts x-rayed can cause breast cancer.
- Breast screening can make you worry, and can be embarrassing and a bit uncomfortable.
- If you feel worried you can talk to a member of staff.

Does screening stop me from getting breast cancer?

No. Screening can find cancer at an early stage, before it can be seen or felt, but it can only find cancer if it is already there.

Pam ddylech chi gael sgrinio'ch bronnau?

- Mae sgrinio'n gallu dod o hyd i broblemau cyn i chi amau bod rhywbeth o'i le.
- Pan fydd cancer y fron yn dod i'r amlwg yn brydlon, mae'n rhoi'r cyfle gorau i chi wella ohono.
- Os bydd cancer y fron yn dod i'r amlwg yn ddigon buan byddwch chi fel arfer angen llai o driniaeth.

Beth yw'r risgiau wrth gael prawf sgrinio'r fron?

- Nid yw sgrinio'r fron yn dod o hyd i bob math o ganser y fron.
- Fe allai'r prawf sgrinio ddod o hyd i ganser na fyddai'n gwneud unrhyw niwed i chi. Bydd rhaid i chi benderfynu ydych chi am gael triniaeth.
- Mae siawns isel iawn fod cael pelydrau-x o'ch bronnau'n gallu achosi cancer y fron.
- Gall sgrinio'r fron wneud i chi boeni, a gall fod yn embaras ac ychydig yn anghyfforddus.
- Os ydych yn teimlo'n bryderus gallwch siarad ag aelod o staff.

Ydi'r prawf sgrinio'n fy rhwystro rhag cael cancer y fron?

Na. Mae sgrinio'n gallu dod o hyd i ganser yn ei gamau cynnar, cyn y gall rhywun ei weld neu ei deimlo. Ond dim ond cancer sydd yno'n barod fydd y prawf yn dod o hyd iddo.