



ROCPRIVATE®  
CLINIC

# Breast Clinic

Providing excellence in the  
diagnosis and treatment of  
breast disease

ROC strives to be at the forefront of identifying women at high risk of breast cancer by offering tailored breast risk assessments to all patients. Our Outpatient Centre on the outskirts of Aberdeen has a state-of-the-art Imaging Department and a team committed to providing excellence in breast care. We use the best techniques to detect cancer at the earliest possible opportunity and ensure that the most appropriate treatment can be delivered.

## Our services

You do not need a doctor's referral to book our One Stop Breast Clinic. Simply get in touch with our team.

For tests or investigations, you may be referred by your doctor, or you may consult one of our specialist breast surgeons first.

You can utilise private medical insurance for the service or pay for yourself. If you plan to use your insurance, please check with your provider on any authorisations required.

### The following investigations are available:

- Mammography Assessments (2D,3D) including breast density assessments
- Breast Ultrasound
- Ultrasound Guided Breast Biopsies
- Fine needle aspiration
- Stereotactic breast biopsies (using ultrasound)
- Vacuum-assisted breast biopsies
- Breast cancer gene sequencing
- Pathology tests including cytology and histopathology

## You might be at a breast clinic if

**you have referred yourself**– you may have found a new breast lump or other changes in your breast(s) that you have concerns about. Lumps in your armpit may also be related to breast conditions.

**your GP has referred you** - your GP might refer you to a breast clinic if you have breast changes or a symptom that needs investigating. Coming to the clinic allows a full assessment to ascertain if there are any abnormalities in your breast or whether you may have some normal breast changes, a benign (non-cancerous) condition. Early detection of breast cancer allows for more successful treatment.

**you have been recalled after a screening mammogram** - some women are called back to a breast clinic after routine screening because they need more investigations. Something that may look unusual on your mammogram may be normal for you once it has been assessed. Most people who are recalled for assessment will not have breast cancer.



## Why choose ROC?

- We have an internationally recognised multidisciplinary team (MDT), delivering the best breast health assessment available worldwide.
- We offer highly accurate 3D mammography and breast density checks to all women referred to our clinic.
- We are the only private healthcare facility in Scotland to routinely incorporate Breast AI (artificial intelligence) in our imaging service.
- We provide complete breast assessment services including cutting-edge genetic screening, breast imaging and breast biopsy diagnostic tests.
- Depending on your needs, you can see our gynaecologists, fertility specialists, menopause and mental health GPs or pelvic physiotherapists who could support all your needs.

## What to expect at your appointment

At the breast clinic, a full assessment is undertaken to make a definite diagnosis when required

- Breast examination: a doctor or nurse physically checks your breasts
- A mammogram (breast x-ray) and/or ultrasound: these are imaging techniques used to acquire an image of your breast tissue
- Biopsy: the doctor might remove a small amount of your breast tissue to be checked under a microscope

### Please note:

- Not everyone attending the clinic will require an x-ray, scan or biopsy. You will be informed which tests you will require after seeing the specialist.
- The order in which tests are done will vary between clinics.
- We advise wearing a top that is easy to remove.

### Who is allowed at the breast clinic?

Depending on your preference you can either come to the clinic on your own or you can bring someone with you for company or support.

### How long will it take?

The visit to the breast clinic may take several hours to allow all necessary tests to be carried out. At a one-stop clinic, all the tests are done during your visit to the clinic. In some cases, you may be asked to make another appointment to finish your tests.



## The results

You will be informed at the breast clinic how and when you get your results. Some test results may be available on the day. However, if you have a biopsy this will take at least a week, or possibly longer, for the results.

You will receive your results by email and in some cases, you may receive a phone call. You may also be offered a further appointment to discuss your results. A copy of your results will also be sent to your GP.

If another appointment for your results has been arranged, you may want someone with you for support should you need it. The other person might have questions you have not thought about or forgotten. It can be useful to take a notepad and pen to write down any information you want to remember later.

## Further advice

Having investigations for a breast problem can be very worrying and stressful. It may help to remember that most people who are referred to a breast clinic do not have breast cancer.

Some people find knowing what to expect at their appointment helps them feel more in control.

If you are anxious about your breast clinic appointment or would like to talk to someone about any concerns, you can call **Breast Cancer Now** on their **free Helpline** on **0808 800 6000**.

## Get in touch today

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