



ONESTOP BREAST CANCER DIAGNOSTICS

Rapid access to cancer specialists

The need for faster diagnostics

It's difficult to imagine the psychological impact of discovering a change in the breast that needs further investigation. The worry and stress affects not only the individual but also their family and friends.

The longer someone has to wait for a diagnosis, the more anxious they become. There's a wait to see the GP and again to see the consultant. And the investigations that may follow - breast examination, breast ultrasound, mammogram and possible biopsy - can mean multiple hospital trips.

Waiting times and multiple appointments means more time away from the office. We can now help members access local cancer specialists quickly for diagnostics.

OneStop breast cancer diagnostics

To help support our members, we now offer the choice of a unique OneStop breast cancer service. In line with current best practice this offers a triple assessment in one appointment and includes:



What we know

- › Every week nearly **900** people are diagnosed with breast cancer in the UK¹
- › Breast cancer incidence continues to increase in the UK (**now 1 in 8 women**)²
- › New research shows **25%** of all cancer sufferers see their GP three times before being referred for further tests³
- › **Triple assessment** is an established validated protocol for the investigation of patients with breast symptoms
- › The OneStop Breast approach has a diagnostic accuracy of **99.6%**⁴

1



Clinical breast examination

2



Mammography for those aged 35+ and/or breast ultrasound

3



Image-guided tissue biopsy or cyst aspiration

This is available to both men and women at breast clinics around the UK.

Together, all the way.SM



Rapid access via self-referral

To reduce the initial wait members can choose to bypass the GP and self-refer to OneStop breast diagnostics. If a member has a worry, they simply call Cigna to discuss their symptoms and are transferred to a clinic if appropriate. Their OneStop diagnostic appointment will be arranged within 5 working days.

Members can visit their GP for a referral if they wish.

Members also have the option to visit a OneStop breast clinic or a clinic of their choice.



Time saving one-visit diagnostics

Patients will be seen by the same specialist breast surgeon throughout their OneStop diagnostic journey.

- › Patients with an 'all clear' result will know this before leaving the clinic
- › If a biopsy has been taken, the patient will be updated within one week by the consultant
- › A follow-up telephone call will be made to those with a benign outcome
- › If a biopsy is malignant the breast surgeon will co-ordinate surgery



Together, all the way.SM

Sources:

1. Best practice diagnostic guidelines for patients presenting with breast cancer symptoms. 2010. Visit the publications and guidelines section at www.associationofbreastsurgery.org.uk
2. Breast cancer incidence statistics. 2012. www.cancerresearchuk.org.
3. European Journal of Cancer Care. Academic research by Cambridge University. September 2015.
4. One-Stop diagnostic breast clinics: how often are breast cancers missed? British Journal of Cancer. 2009.

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Our nurse team

A dedicated team of nurses are on hand to support members who require treatment following the diagnostic stage.

About our preferred provider



Cigna has teamed up with BreastHealth UK, our preferred provider for OneStop breast cancer diagnostic clinics. BreastHealth UK was founded to help women take a greater role in organising and managing their breast health.

They operate a UK-wide network of OneStop breast diagnostic clinics for women and men with breast symptoms. All BreastHealth UK breast clinics offer OneStop triple assessment with all investigations (breast examination, mammogram/ultrasound and biopsy if needed) performed during a single clinic appointment. Clinics are based in a range of private hospitals around the UK. The majority of patients should be within 25 miles of a clinic. BreastHealth UK is part of Check4Cancer Ltd.

To find out more visit www.BreastHealthUK.com.

