



# BREAST CANCER AWARENESS MONTH

OCTOBER 2019

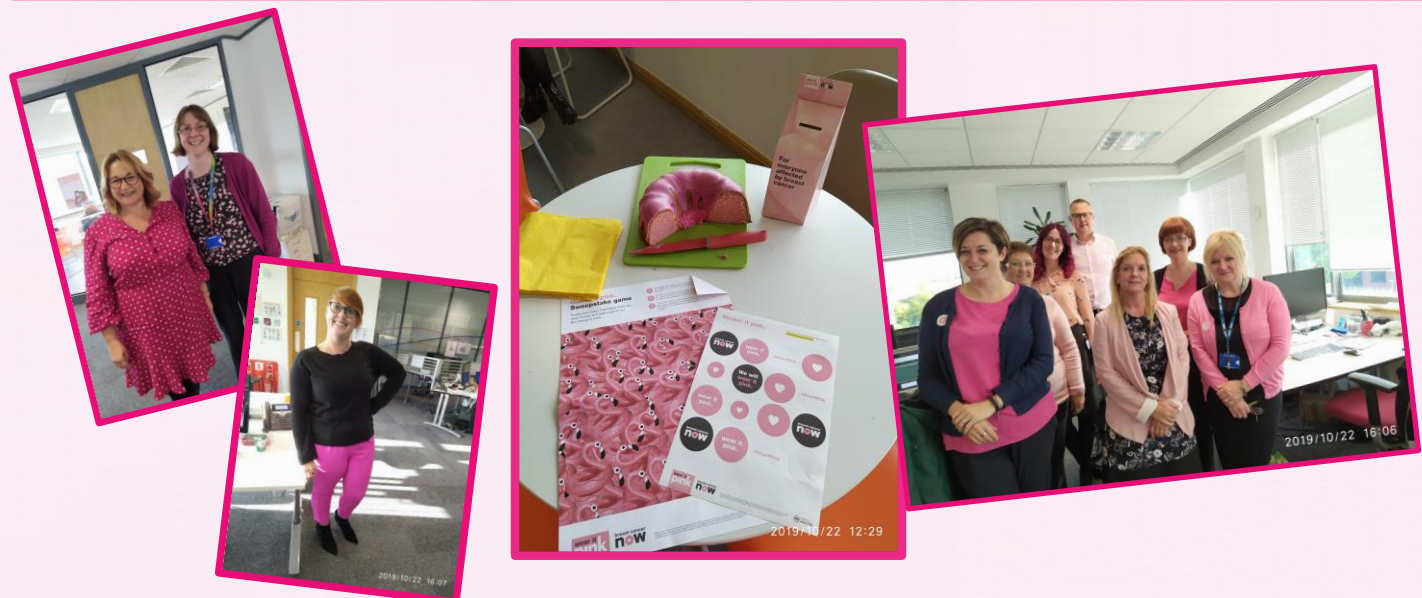
We are supporting this month's international Breast Cancer Awareness Month. This newsletter contains information on symptoms, early detection and screening.



wear it  
**pink**

breast cancer  
**now**

Our staff wearing it pink to raise awareness





# BREAST CANCER AWARENESS MONTH

Breast Cancer is the **most common** Cancer in the UK with **1 in 8** women developing Breast Cancer at some point in their lifetime

The good news is that most women can **survive Breast Cancer** if it's found and treated early



The risk of Breast Cancer increases with age, with the condition being **most common in women over 50**; however, women of any age can develop Breast Cancer, and in some rare cases, men too

**This is why it is important for us to know what our Breasts usually look and feel like, so we can identify any changes that may occur**

Changes to the Breast don't necessarily mean anything is wrong, but it's important to get them checked out by your GP anyway – just in case. Our breasts also look and feel different at different times of the month, so it is important to check around the same time each month

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## SYMPTOMS

The first symptom of breast cancer most women notice is a lump or an area of thickened tissue in their breast. Most breast lumps (90%) are not cancerous, but it's always best to have them checked by your doctor.

You should see your GP if you notice any of the following:

- a new lump or area of thickened tissue in either breast that was not there before
- a change in the size or shape of one or both breasts
- bloodstained discharge from either of your nipples
- a lump or swelling in either of your armpits
- dimpling on the skin of your breasts
- a rash on or around your nipple
- a change in the appearance of your nipple, such as becoming sunken into your breast

Breast pain is not usually a symptom of breast cancer.





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## SCREENING – EARLY DETECTION

**Breast screening aims to find breast cancers early.**

It uses an x-ray test called a mammogram that can spot cancers when they're too small to see or feel.

Breast screening is offered to women aged 50 to their 71st birthday in England and you will be invited **within 3 years of your 50th birthday**.

If you're 71 or over, you'll stop receiving screening invitations.

You can still have screening once you're 71 or over if you want to, and can arrange an appointment by contacting your local screening unit.

### **What happens during BREAST SCREENING?**

Breast screening involves having an X-ray (mammogram) at a special clinic or mobile breast screening unit. This is done by a female health practitioner.

Your breasts will be X-rayed 1 at a time. The breast is placed on the X-ray machine and gently but firmly compressed with a clear plate. Two X-rays are taken of each breast at different angles.



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## SCREENING – EARLY DETECTION

### Breast Screening RESULTS

After your breasts have been X-rayed, the mammogram will be checked for any abnormalities. The results of the mammogram will be sent to you and your GP no later than 2 weeks after your appointment.

**After screening, about 1 in 25 women will be called back for further assessment.**

Being called back does not mean you definitely have cancer. The first mammogram may have been unclear.

About 1 in 4 women who are called back for further assessment are diagnosed with breast cancer.

### MORE INFORMATION

Please use the following links for more information on Breast Screening

- [NHS Breast Screening - Helping you decide](#)
- [NHS Breast Screening – Helping you decide – alternative languages](#)
- [NHS Breast Screening – Easy Read Guide](#)
- [NHS Breast Screening page](#)



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## HOW DO I CHECK?!

### Do It Yourself At Home Breast Exam



1  
Self check  
once a month



2  
Examine entire breast  
and armpit area



3  
Gently use the pads  
of fingertips



4  
Top and Bottom



5  
Semi-circles



6  
Circles



7  
Look in the mirror  
for visual lumps



8  
...skin and texture  
changes...



9  
...changes in nipple  
shape or abnormal discharge.