BREAST CANCER

KNOWLEDGE IS POWER.
IT'S TIME TO TAKE CONTROL OF YOUR HEALTH.



BREAST CANCER

Breast cancer is cancer that's found in the breasts. It's the most common type of cancer in women in the UK. Anyone can get breast cancer.

Breast cancer is the most common type of cancer in women in the UK.

WHAT TO LOOK OUT FOR



Swelling of one or both breasts



Hard or firm lumps



Lumps in underarms



Changes to the skin on the breast/nipple



Discharge from the nipple



Dimpling of the skin on the breast

PREVENT BREAST CANCER

You cannot always prevent breast cancer, but going for breast screening (mammogram) when you are invited can help find cancers that are too small to see or feel.

BREAST CANCER SCREENING

NHS breast screening uses X-rays, called mammograms, to look for cancers that are too small to see or feel.

NHS breast screening is offered to women aged 50 up to your 71st birthday. Everyone registered with a GP as female will be invited.

CHECK YOUR BREASTS

Checking your breasts or chest regularly helps you learn what looks and feels normal for you. This makes it easier to notice any changes that could be a sign of a condition such as breast cancer.
You should try to check your breasts or chest about once a month.

1. Stand in front of a mirror with arms by your sides and then with them raised to look for any changes.
2. Feel around each side of your chest with a circular motion all the way up to your collarbone and under each armpit.
3. Feel around and over each nipple. Apply a little pressure, but not so much that it hurts.

Scan here for more information on Involve's Cancer Awareness project

Source: NHS.co.uk

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