



Breast cancer and how to spot it

EasyRead version

**BE CLEAR
ON CANCER**



This leaflet tells you how to spot signs of breast cancer.



It also tells you to go and see your doctor straight away if you think you have any of these signs.



This is an EasyRead version of another leaflet about breast cancer.



You may like to have someone to support you when you look at this leaflet.

What is breast cancer?



Breast cancer can be a serious illness. Every year many women are told they have it.



You can get breast cancer at any age but the older you are the more likely you are to get it.



1 in 3 of women who get breast cancer are over 70.



So older women need to be very careful to make sure they check their breasts.

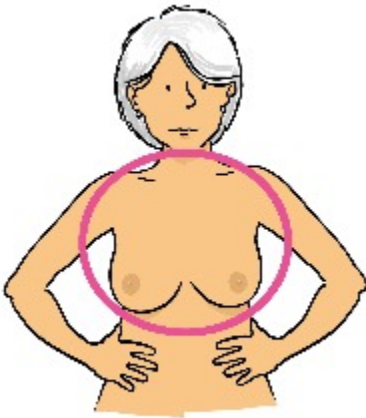


If breast cancer is found early it is more treatable.

How to spot breast cancer



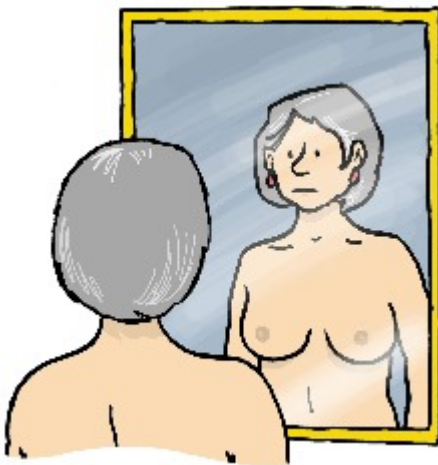
You need to check your breasts regularly so you know how they normally feel. This will help you notice if anything has changed.



You need to check the whole of your breasts.



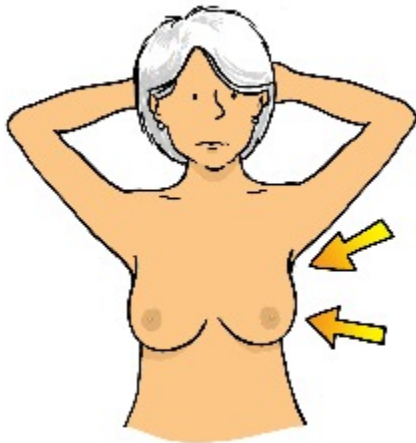
Feel the whole of both of your breasts and your armpits to see if anything feels different.



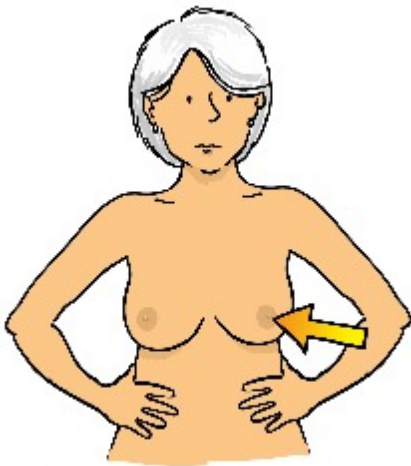
Look at your breasts in the mirror to see if anything looks different.

There are different signs of breast cancer you need to look out for.

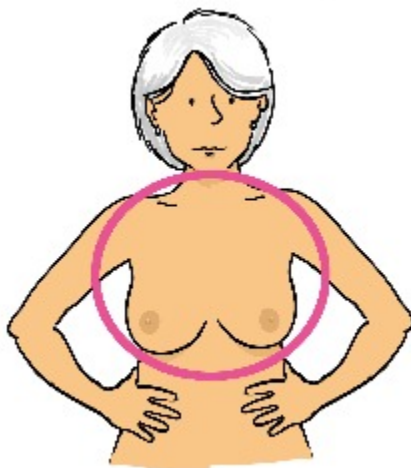
The main ones are:



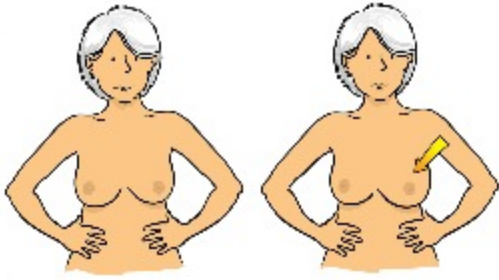
- A lump in your breast or armpit



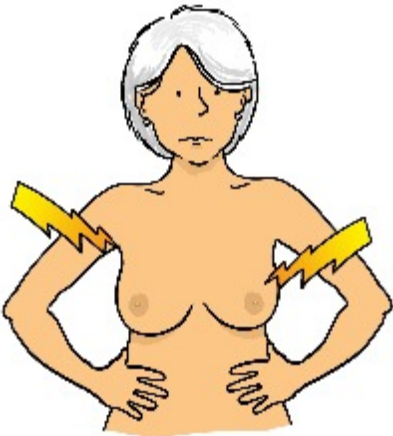
- Any changes to your nipples



- Any changes to the skin of any part of your breast



- Any changes in the shape or size of your breast



- Any pain in your breast or armpit.



If anything looks or feels different then you must go and see your doctor straight away.



Why do you need to see your doctor?

If you notice any changes in your breasts it may not be serious, but it is always best to get it checked out by your doctor.



Remember if breast cancer is found early it is more treatable.



You are not wasting anyone's time by going to the doctor and your mind may be put at rest.



If you have a friend or relative who has noticed changes to their breasts, make sure they see their doctor.



Or if you are worried because someone in your family has had breast cancer then see your doctor.

How seeing your doctor early could save your life



Joan checked her breasts regularly. A few years ago she found a small lump in her breast.

She told her doctor straight away. She had some tests and they found she had breast cancer.

She had treatment to get rid of the cancer and it worked.

Joan said, “I am glad I did not leave it any longer before going to my doctor.”

She also said she now does all of the things she used to be able to do.

What is screening?



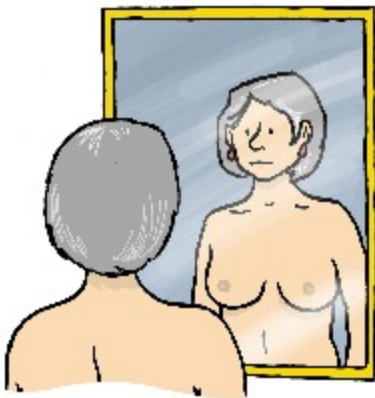
Women aged 50 to 70 are invited to have a test every three years to look for breast cancer. This is called screening.



If you are over 70 you can ask for screening every 3 years. You can do this by speaking to your local breast-screening unit.



You can find out more about breast screening and your nearest unit by using the web links at the end of this leaflet.



Even if you have been for screening you should still check your breasts.

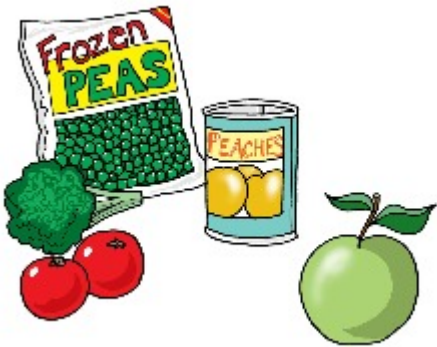


Remember if you notice any change then see your doctor straight away.

How to try and stay healthy



Try and stay a healthy weight and keep active.



Eat 5 portions of fruit and vegetables a day. They can be fresh, frozen or tinned.



Try not to drink too much alcohol.

The more active you are, the better.

Try:



- swimming



● cycling



● dancing



● yoga



● walking.

How can I find out more about breast cancer?

If you want to find out more about breast cancer you can:

Go to the website:

www.nhs.uk/breastcancer70

Or talk privately to an information nurse on: **0808 800 4040**

How can I find out more about breast cancer screening?

You can find your breast-screening unit at:

www.nhs.uk/breastscreening

You can find out more to help you choose whether you want breast screening at:

<http://www.cancerscreening.nhs.uk/breastscreen/publications/ia-02.html>



**Don't forget - check your breasts!
And if you find a change, speak to your doctor.**

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