



# BE BREAST AWARE

## **Breast Awareness is:**

- A normal part of looking after your own well-being and health
- Is a process of getting to know your own breasts and noticing any changes or abnormalities which should be reported without delay to your GP.

## **Breast Awareness could:**

Lead to prompt diagnosis and treatment for cancer which is then likely to have a better outcome.

Take care of  
your own  
well-being

## **Breast Awareness means:**

Learning how your breasts look and feel at any time of the month so you know what is normal for you.

You can become  
**Breast Aware** in any way that suits you best such as in the bath or when dressing.

Know what  
is normal  
for you

As part of Breast Awareness, the changes to look out for are:

- Any change in the shape, size and feel of your breasts
- Redness, dimpling or puckering of the skin
- Any lump or thickening of the breast or armpit
- Any new pain in the breast especially if only in one breast

- A change in the position or direction of your nipple and a nipple discharge or rash.

Most changes in the breast are harmless but it is important to report changes that are not normal for you, to your GP without delay.

Know what to  
look and feel  
for

## **Facts about breast cancer**

- Breast cancer is the most common cancer in the UK.
- 1 in 8 women will be affected.
- A small number of men get breast cancer each year.
- Breast cancer is rare in women under 40.
- Most cases are in women over 50 and the risk increases with age.
- Women aged 50 to 70 are invited for a mammogram (an X-ray procedure) which can detect breast changes at an early stage and those that are too small to see or feel (Over 70's can request a mammogram via the GP)

## **Breast Awareness 5- point code**

- Know what is normal for you
- Look at and feel your breasts regularly
- Know what changes to look for
- Report changes without delay
- Go for breast screening (mammogram) if aged 50 or over