



HEALTH INFORMATION

Breast Awareness

Breast screening (mammography) is an x-ray examination of the breasts. It may help to detect breast cancer before there are any signs or symptoms. The sooner breast cancer is diagnosed, the more effective treatment may be.

In the UK, women between 50 and 70 (64 in Northern Ireland) are invited for breast screening every three years as part of the National Health Service Breast Screening Programme (NHSBSP). This age range is due to be extended to 47 to 73 in the near future.

How do I check my breasts?

There's no right or wrong way to check your breasts. Try to get used to looking at and feeling your breasts regularly. Remember to check all parts of your breast, your armpits and up to your collarbone.

What changes should I look and feel for?

- Changes in size or shape
- Changes in skin texture such as puckering or dimpling
- Inverted nipple
- A lump or thickening of breast tissue
- Redness or a rash on the skin/around the nipple
- Discharge from one or both nipples
- Constant pain in breast or armpit
- Swelling in armpit/around collarbone

Breast Awareness 5-point Code

Here are five easy steps to being breast aware. Nobody knows your breasts like you do, so you're the best person to notice any changes to them. Being breast aware is easy – just follow these five simple steps.

- Know what is normal for you
- Know what changes to look and feel for
- Look and feel
- Report any changes to your GP without delay
- Attend routine breast screening if you are aged 50 or over

Further Information

www.breastcancercare.org.uk

www.breastcancercare.org.uk/...support/...breast-cancer/checking-your-breasts

www.medigold-health.com

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