

## **PALACE ROAD SURGERY**

### **Breast Cancer Awareness Charity Fundraising Cake Sale**

**on Friday 25.10.24**

## **CANCER RESEARCH UK**



Whoever you are, and whatever your experience of breast cancer, we're here.

October is the most important time of our year. A time for us all to come together and raise awareness of this devastating disease and its effects.

**The Surgery Patient Participation Group organised in a charity funding raising cake sale.**

**We raised £145 in total.**

**Patient volunteers were:-**

Lead patient Angela and PPG Surgery Lead Anushia.

Patients who volunteered on the day and baked cakes:-

DE, AO, TO, JM, DM, MA, KA, MB, JN

## Palace Road Surgery Team members who brought cakes:-

Dr Hope, Dr Saji, Anna. H, Anushia, Joe, Viktoria, Betty

### Photos and Videos of the Event!







Video of the cake station.



video with music.mp4

Thank you message from The Breast Cancer Now Team.

**“Seeing people who support our research through events like wear it pink gives us the motivation to keep doing it”** – Dr Marc Rabionet Diaz, researcher at the Breast Cancer Now Toby Robins Research Centre at The Institute of Cancer Research, London.

Thank you so much for wearing it pink and raising £145! The money you’ve raised will help drive forward life-saving breast cancer research and vital support.

**Thank you for making a difference**

Because of you, researchers are able to investigate how we can prevent breast cancer, save lives and help people to live well with the disease. To date, we’ve invested around £299 million in world-class breast cancer research.

# Understanding the risks of breast cancer



A confidential independent service for women and their partners

A comparison of lifestyle risk factors versus Hormone Replacement Therapy (HRT) treatment.

**Difference in breast cancer incidence per 1,000 women aged 50-59.**  
Approximate number of women developing breast cancer over the next five years.

NICE Guidelines, Menopause: Diagnosis and management  
November 2015

## 23 cases of breast cancer diagnosed in the UK general population



## An additional four cases in women on combined hormone replacement therapy (HRT)



## Four fewer cases in women on oestrogen only Hormone Replacement Therapy (HRT)



## An additional four cases in women on combined hormonal contraceptives (the pill)



## An additional five cases in women who drink 2 or more units of alcohol per day



## Three additional cases in women who are current smokers



## An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)



## Seven fewer cases in women who take at least 2½ hours moderate exercise per week



www.womens-health-concern.org  
Reg Charity No: 279651  
Company Reg No: 1432323

Women's Health Concern is the patient arm of the BMS.  
We provide an independent service to advise, reassure and educate women of all ages about their health, wellbeing and lifestyle concerns.

Go to [www.womens-health-concern.org](http://www.womens-health-concern.org)

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www.thebms.org.uk  
Reg Charity No: 1015144  
Company Reg No: 02759439

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Please see these links to the booklets, all of them are really informative where the screening is explained simply.

## Presentation Slides



Breast Cancer  
Awareness.pdf

## Breast Cancer Screening Booklet



An\_easy\_guide\_to\_  
breast\_screening\_Ju

[https://assets.publishing.service.gov.uk/media/649d988606179b00113f7569/An\\_easy\\_guide\\_to\\_breast\\_screening\\_June23.pdf](https://assets.publishing.service.gov.uk/media/649d988606179b00113f7569/An_easy_guide_to_breast_screening_June23.pdf)

## Macmillan Cancer Support Breast Cancer and Screening



Breast+care+and+s  
creening.pdf

<https://www.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/14209-10061/Breast%20care%20and%20screening>

## Breast Cancer and how to spot it



Easy-read-breast-ca  
ncer-leaflet.pdf

<https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/03/Easy-read-breast-cancer-leaflet.pdf>

## BREAST CANCER SELF EXAMINATION VIDEO:-

[How To Check Your Breasts, Pecs or Chest | CoppaFeel!](#)