

Breast Cancer and Breast Screening

Breast Cancer

Breast Cancer is the most common cancer in this country. Women and Men can get Breast Cancer.



More women than men get Breast Cancer.



1 in 8 women get Breast Cancer.

Know your body

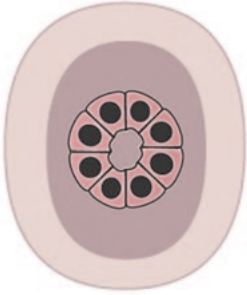


Women need to be aware of their body and the changes to look for.



Men need to be aware of their body and the changes to look for.

What is Breast Cancer?



Normal Cell

This is when a cell in the breast begins to grow and get bigger in size.



Abnormal Cell

This can form a tumour, which is called Breast Cancer.



What affects your risks?

The older you are, the greater the risk of you getting Breast Cancer.



If your Mother, Father, Brother or Sister had Breast Cancer then your risk of getting Breast Cancer may be higher.



If you take Hormone Replacement Therapy (HRT), it may increase your risk of getting Breast Cancer.

What affects your risks?



If you take the contraceptive pill, this can increase your risk of getting Breast Cancer.



If you are overweight after you have the menopause (sometimes called the change of life), this can increase your risk of getting Breast Cancer.



If you had Breast Cancer in the past, this can increase your risk of getting Breast Cancer again.

What affects your risks?



Starting periods early from the age of 11 and under.



Finishing your periods late (change of life).



If you do not have children this may increase your risk of getting Breast Cancer.

What affects your risks?



If you take tablets (medication) for high blood pressure for more than five years it may increase your risk of getting Breast Cancer.



If you take medications for an over active thyroid it may increase your risk of getting Breast Cancer.



How to reduce your risks of getting Breast Cancer

Do a little bit of exercise 5 days a week, about 30 minutes each day.

Try to eat 7 or more different fruits and vegetables every day.



If you have alcohol, try to drink less and stay with the message about units.

What you need to know about Alcohol



Some drinks contain more alcohol than others. People use the word unit to say how much alcohol there is in a drink.



Men should not drink more than 3 or 4 units of alcohol a day.



Women should not drink more than 2 or 3 units of alcohol a day.

Breast Awareness

You need to look at your breasts in the mirror up to your collar bone and into each arm pit.

Know what is normal for you and what changes to look for. Look for any change in the size or shape of your breasts.

Look for puckering and dimpling on your breasts.



Look at your Breasts



Look for any change in the size or shape of your breasts. Look if your nipples are leaking.



Look if your nipples have turned inwards.



Look for a rash around your nipples.



Feel your Breasts

You need to feel your breasts up to your collar bone and into each arm pit.



Feel your breasts in the shower.

or



Feel your breasts in the bath, you are feeling for lumps.



Changes in your body

If you have breast pain that is different from normal and lasts longer than three weeks, contact your doctor.



Make an appointment to see your doctor, you can ask a family member or staff to help with this.



If you notice a change in your body, contact your doctor.

Male Breast Awareness



Men need to look at their chests.



Feel your chest in the shower.

or



Feel your chest in the bath, you are feeling for lumps.

Changes in your body



You are feeling for lumps in your chest.



Look for leaking nipples.



Nipples turning inwards.



If you notice any changes in your chest, contact your doctor

Breast Screening



All women aged between **50 and 70 years** will be invited by letter to have a breast x-ray every three years.



Some women will be invited to have a breast x-ray if they are aged **47 to 49 years**.



Some women will be invited to have a breast x-ray if they are aged **71 to 73 years**.

Breast Screening

If you are **71 years or over**, you can ask for a breast x-ray every three years.

This is important as the older you are, the higher the risk you have of getting Breast Cancer.

Ring the Breast Screening Unit at Broadgreen Hospital, telephone number 0151 282 6920 or 0151 282 6921, to book an appointment.





Extra support to make your appointment

Go for Breast Screening when you are invited.



Let the staff know at the Breast Screening Unit if you need the following:



Let the staff know if you are a wheel chair user.



Extra support to make your appointment

Let the staff know if you need a double appointment.



Let the staff know if you need easy read information.



Let the staff know if you will be supported by someone for the appointment.

Extra support to make your appointment



You will be asked to go to the Breast Screening Unit or Clinic at Broadgreen Hospital.

or



You will be asked to go to a mobile Breast Screening Unit.



When you get there

You will be asked your name, date of birth, address and the name of your doctor at the reception.



You will be asked to wait in the waiting room.



You will be asked to go into a private room, where you will be asked some more questions about your breast health.

When you get there



You can bring your family member or support person in the room if you want them with you.



In this room you will be asked to remove your top and bra. You will **NOT** be given a gown.



You can bring a cardigan or dressing gown with you that you can wear. You will be asked to remove this when you have your breast x-ray.

When you get there

The staff member from the Breast Screening team will then ask you to go into another room.

You will be asked to remove your cardigan or dressing gown when you have your breast x-ray.

You will then have your breast x-ray this is also called a mammogram.

The test will only take a few minutes.





Breast Screening Results

You will get your results in two weeks by post.



If your results are normal you will be invited to breast screening again in three years.



If your screening shows you need more tests, an appointment will be made for you to go to the Linda McCartney Centre at the Royal Liverpool and Broadgreen University Hospital.



Breast Screening Results

Sometimes after having more tests, some women are then told that they do not have Breast Cancer but have a cyst.

These women will then be screened again at Broadgreen Hospital.



or

The mobile Breast Screening Unit again in three years.



Wordlist



Abnormal Cell

Tumour; this can be found in any part of the body where cells grow quicker than other cells.



Medication; this can be in tablets, patches, or liquid form. Sometimes these may be stored in a blister pack.



Breast Awareness; this is where you check your breasts by looking at them and feeling them.



Breast Screening; is where you go to a hospital or a mobile screening unit for an x-ray of the breast.



Mammogram; this is another word for a breast x-ray.



Cyst; Breast cysts are a benign (not cancer) condition. They are one of the most common causes of a breast lump, and can develop in one or both breasts.



This booklet is available in other languages and formats

This leaflet has been developed by the Health Promotion Specialist, Liverpool Community Health NHS Trust, and Rebuild Liverpool Primary Health Care Facilitators LD, Mersey Care NHS Trust in consultations with United Response Women's Group from Oakfield Day Service, United Response Men's Group from Oakfield Day Centre, the Community Focus Women's Group Southport Mersey Care NHS Trust and Community Focus Men's Group Southport Mersey Care NHS Trust and People First Merseyside.