

Breast Cancer Factsheet

English



Breast cancer

Over 44,000 women are diagnosed with breast cancer each year in the UK.

More women survive breast cancer today due to earlier detection and better treatments. Being aware of the symptoms of breast cancer is important to find it early. You should know how your breasts look and feel normally, so that you notice any changes quickly.

How should I check my breasts?

There is no set way to check your breasts, but you should find time to do it on a regular basis.

The breast awareness 5-point code

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

What should I check for?

Inform your doctor if you experience:

- A lump or thickening in your breast or armpit
- A change in the size or shape of your breast
- Dimpling of the skin (like orange peel)
- A change in the shape of your nipple, particularly if it turns in, sinks into the breast or becomes irregular in shape
- A blood-stained discharge from the nipple
- A rash on a nipple or surrounding area

What if I do find changes?

If you do notice a change in your breasts, try not to worry but see your GP as soon as you can.

Remember most changes in the breast will not be cancer. Early detection can mean more effective treatment if cancer is found.

If you have questions about your health you can contact NHS Direct on **0845 4647**

Sources: Cancer Research UK and Breast Cancer Care

Manchester Public Health Development Service