

Taking care of your breasts

Your breasts, your health





Cardiff People First is a group of people with learning disabilities who speak up for ourselves and others. We worked with the charity Breast Cancer Care to make this book. We hope you find it helpful.

This book is also available in large print, Braille or on audio tape. ☎ 0845 092 0808 for more information.

About this book

This book tells you how to look after your breasts. It is important to know what your breasts are usually like. Then you can notice if anything changes or feels different.

Breast cancer is a disease that happens in some people's breasts. But most changes that happen in our breasts are not cancer. Try to see your doctor as soon as you notice a change – it will help you feel less worried.

So take care of your breasts. Go for it!



1. You and your breasts



Everyone's breasts are different.



You may have one breast bigger or a different shape.



If you have periods your breasts may hurt a little just before.



Get to know what your breasts usually look and feel like.

2. Getting to know your breasts



You can get to know your breasts when you wash.



It can be easier to feel your breasts when your hand has soap on it.



Feel in your armpits and on your chest area as well as your breasts.



You can look at your breasts in a mirror so that you can see if anything changes.

3. When to check your breasts



Check your breasts every four to six weeks.



You can feel your breasts when you put on your bra.



You can check your breasts when you get dressed.

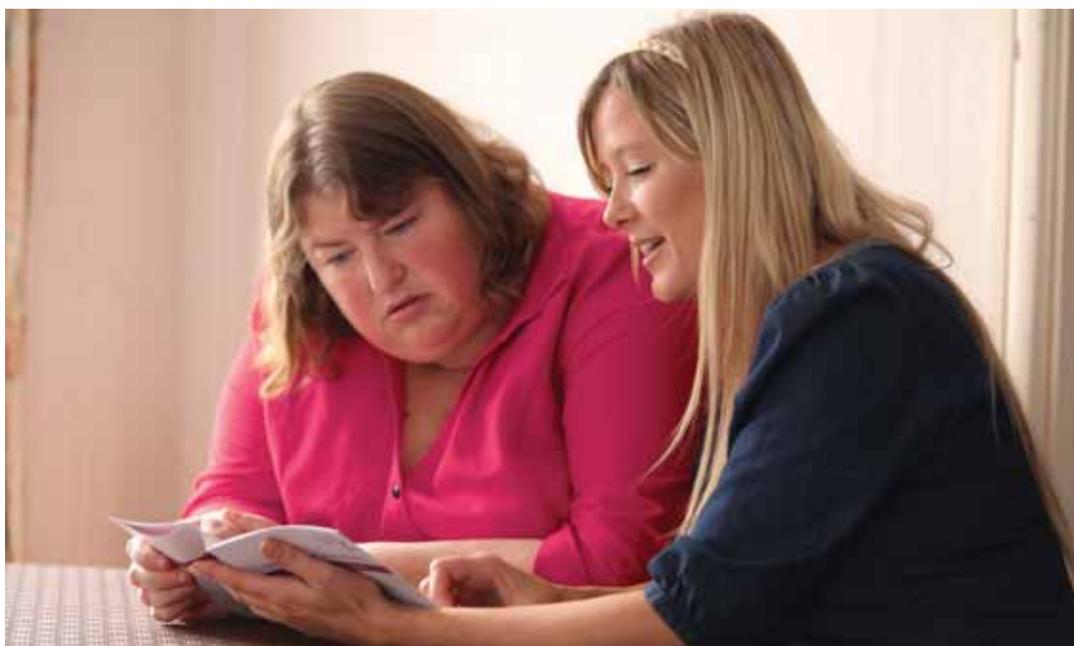


You can check your breasts when you put on body lotion.

4. What to do if you notice a change



Talk to someone you trust if you notice anything different about your breasts.



Your carer or support worker can get you some information.



The information can answer some of your questions.



You or your carer or support worker can make an appointment with your doctor.

5. Seeing your doctor



See your doctor as soon as you can if you notice a change in your breasts. If you prefer, you can ask to see a woman doctor and take someone you trust with you.



The doctor will feel your breasts to check them. You will need to take off your top and bra.



The doctor will try to explain the change in your breast.



You may need to go to a breast clinic at the hospital to find out more.

6. Having a breast x-ray



All women are invited for a breast x-ray when they are between 50 and 70 years old. This is called breast screening.



You can choose if you want to go for breast screening. Talk to someone you trust to help you decide.



You can ask to see the x-ray machine before you have your x-ray. A woman called a radiographer will take your breast x-ray. You will need to take off your top and bra.



She will answer your questions and tell you when you will get a letter with your results.

7. Who can get breast cancer?



Breast cancer is a disease that happens in some people's breasts.



Both women and men can get breast cancer.



Most people who get breast cancer are women aged over 50.



Some people may get breast cancer if a lot of close relatives in the family have had breast cancer.

8. Things you can do



You may make your chance of getting breast cancer smaller by being healthy.



Don't eat too many fatty foods like crisps and cakes.



Do exercise like walking or swimming.



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Try not to drink too much alcohol.
And finally – get to know your breasts!

9. Who can help

Breast Cancer Care is a charity that gives free information and help to anyone who has breast cancer or is worried about their breasts.

We push for better treatment and support for people with breast cancer and their families.

You can call our helpline and speak to someone who can help. Ringing the helpline does not cost any money.

UK Helpline  **0808 800 6000**

Text Relay  **18001 0808 800 6000**

You can look at our website too -
www.breastcancercare.org.uk

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**Breast Cancer Care,
RRKZ-ARZY-YCKG,
5-13 Great Suffolk Street,
London SE1 0NS.**

Or donate via our website at
www.breastcancercare.org.uk



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