



## Breast Cancer Awareness

### Regular checks

Check your breasts for changes once a month and report any changes to your GP as soon as possible. Early detection often means better survival rates.

### Notice what's abnormal

Feel for swelling or lumps around the arm pit and collar bone. Look for change in colour, texture, size and shape in the breasts and nipples. All could be signs something isn't quite right.

### Healthy lifestyle

Avoid a high fat diet, keep active, limit alcohol intake and avoid smoking.

### Oestrogen substitutes

Oestrogens increase rates of breast cell division and promote growth of oestrogen responsive tumours. Consider alternatives before taking a course of HRT or the pill. Before doing so, always discuss with your GP.

### Get screened

If you are over the age of 50, ask your GP about breast cancer screening.