

BE

BREAST

AWARE

Available in other  
formats on request



[www.breasttestwales.wales.nhs.uk](http://www.breasttestwales.wales.nhs.uk)



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## HOW TO BE

## BREAST AWARE

**This leaflet tells you how to be breast aware.** Breast awareness is part of general body awareness. It is important to get to know how your breasts look and feel normally, this will help you notice any changes that are different.

Although uncommon, men can get breast cancer so it is important that men are breast aware too.

## THE BREAST AWARENESS

### 5 POINT CODE

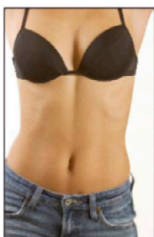
- Know what is **normal** for you
- Know what **changes** to look for
- **Look** and **Feel**
- **Report any changes** to your GP without delay
- **Attend for routine breast screening** if you are aged over 50

## HOW DO I

## CHECK MY BREASTS?

There is no right or wrong way to check your breasts. You decide what is comfortable for you.

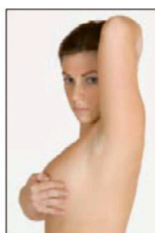
You can check in the shower or when:



**Getting dressed**



**Lying down**



**Standing in front  
of the mirror**

Remember to check all parts of your breasts, armpits up to your collar bone and in between your breasts.

## WHAT SHOULD

### I LOOK FOR?

- A change in size or shape of one breast
- Any puckering or dimpling of the skin
- Any change in the position of the nipple - pulled in or pointing differently
- Any lumps, thickening or bumpy areas in one breast or the armpit
- Any discharge or blood from the nipple
- A rash around the nipple
- A swelling in your armpit
- Constant discomfort or pain in one breast that is different from normal

## WHAT SHOULD I DO IF

### I FIND A CHANGE?

If you notice any change in your breast you should talk to your GP or Practice Nurse without delay. Nine out of ten breast changes are not cancer but if there is a problem it is best treated early.

## BREAST

## SCREENING

Women aged 50–70 are invited every three years for breast screening. If you are over 70, you can ask for an appointment by contacting your local breast screening centre.

The risk of getting breast cancer increases with age. It is still important for women over the age of 70 to attend for breast screening.

## DOES BREAST CANCER

## RUN IN FAMILIES?

A small number of breast cancers (5–10%) run in the family. If you are worried about your family history of breast cancer talk to your GP.



## CONTACT

## DETAILS

We welcome phone calls in Welsh.

### **South East Wales**

Breast Test Wales

Phone: 029 2039 7222

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### **West Wales**

Breast Test Wales

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**[www.breasttestwales.wales.nhs.uk](http://www.breasttestwales.wales.nhs.uk)**

For us to contact you as part of this programme, we will need to handle some of your personal information. If you need more information about this, you can:

- visit the website [publichealthwales.org/privacy](http://publichealthwales.org/privacy);
- email [PHW.InformationGovernance@wales.nhs.uk](mailto:PHW.InformationGovernance@wales.nhs.uk) ; or
- phone 02920 104307