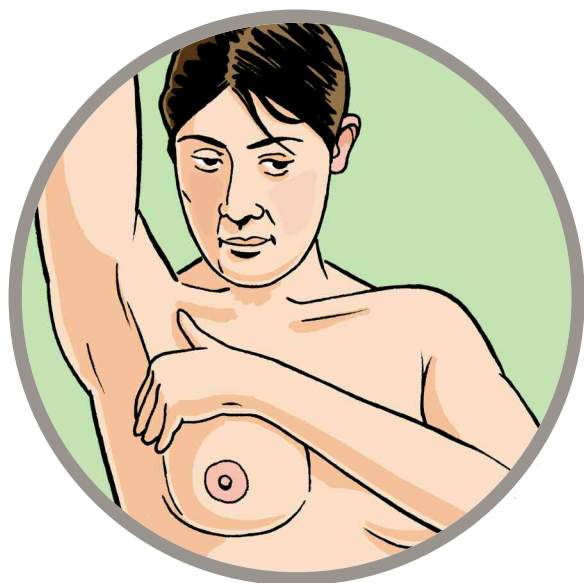
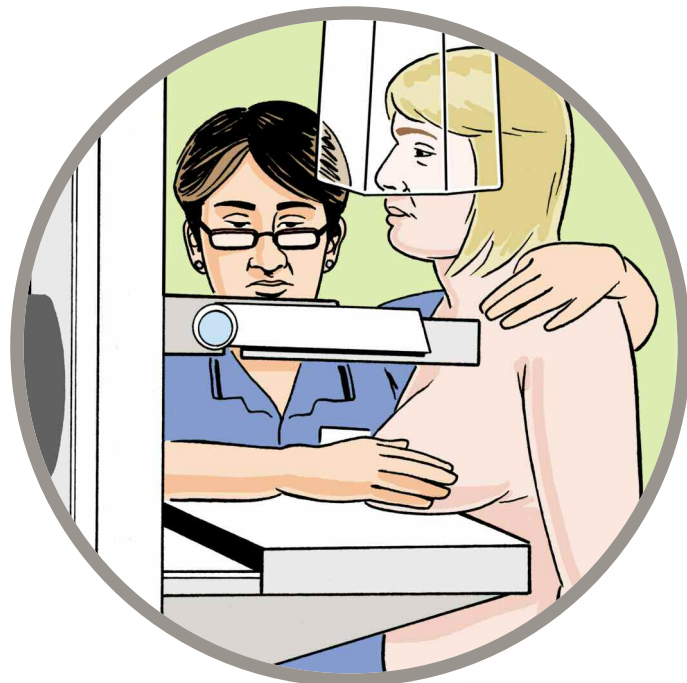


Breast care for women

Symptoms, Screening and Staying Healthy



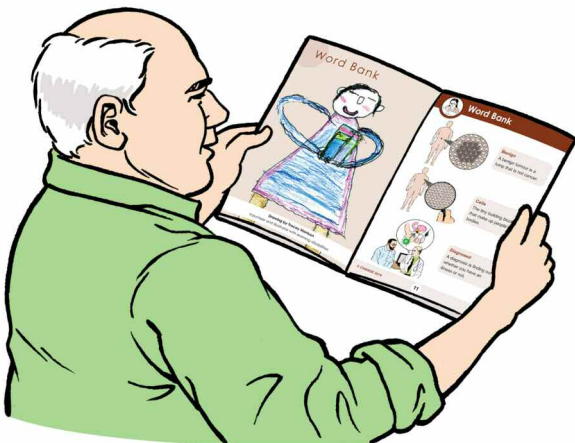
Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

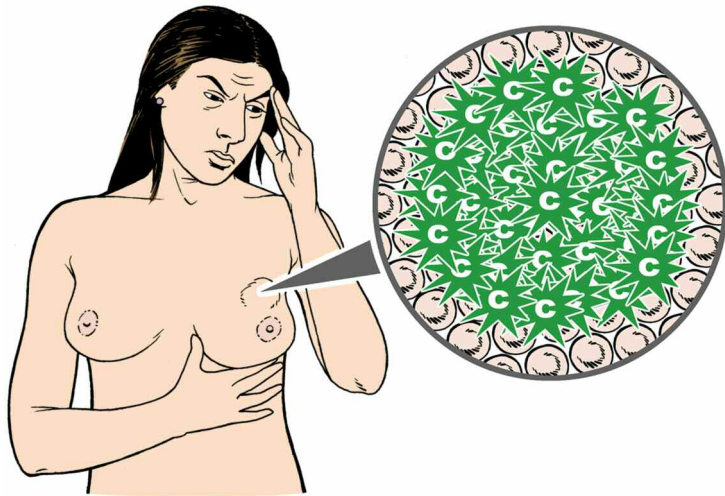
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.

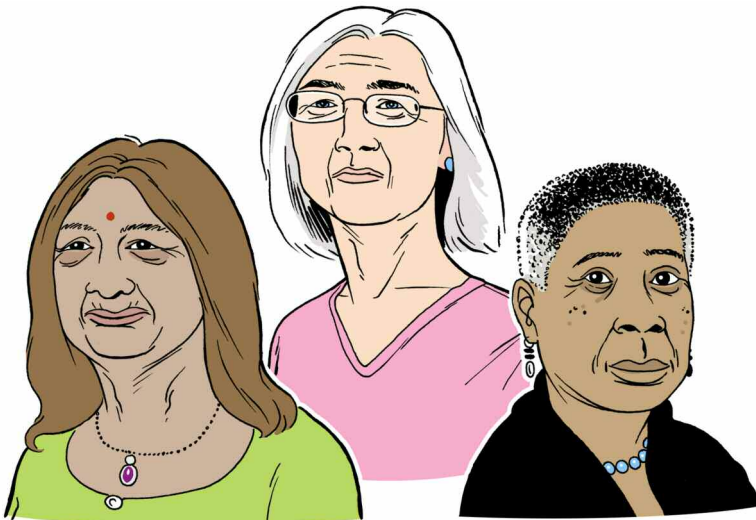




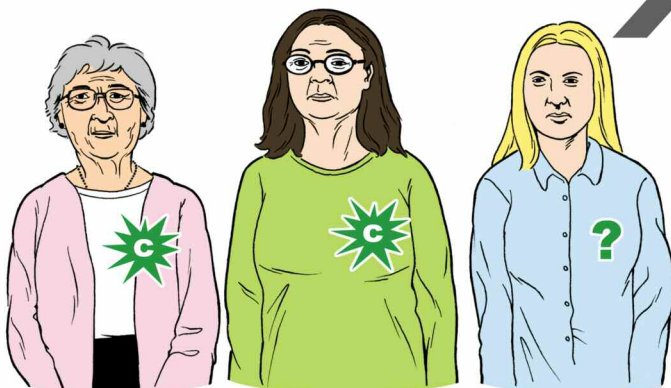
Breast care for women



The most common cancer for women is breast cancer.



Women of any age can get breast cancer but the risk is higher when you are over 50.



Gran

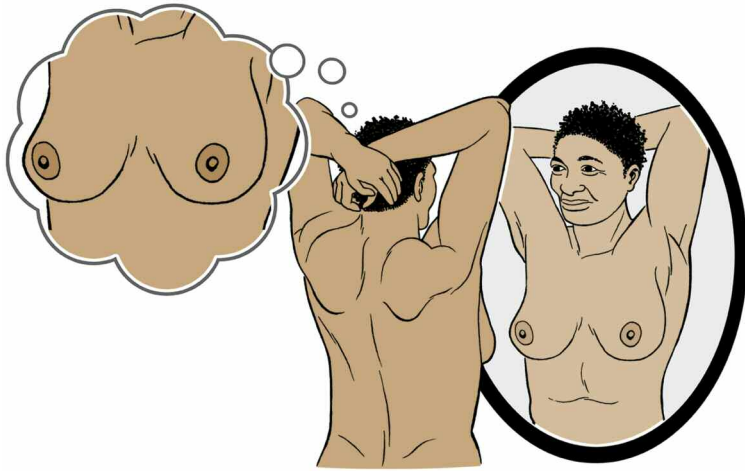
Mum

Me

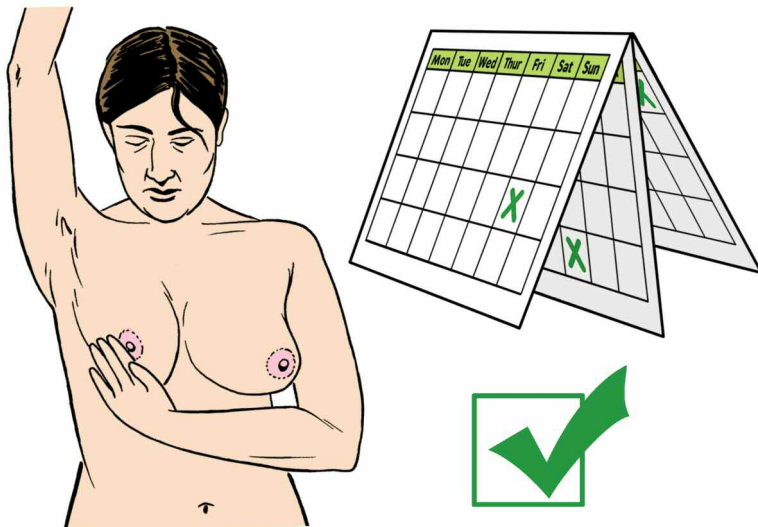
If your mother, aunt or sister has had breast cancer, you may be more likely to get it.



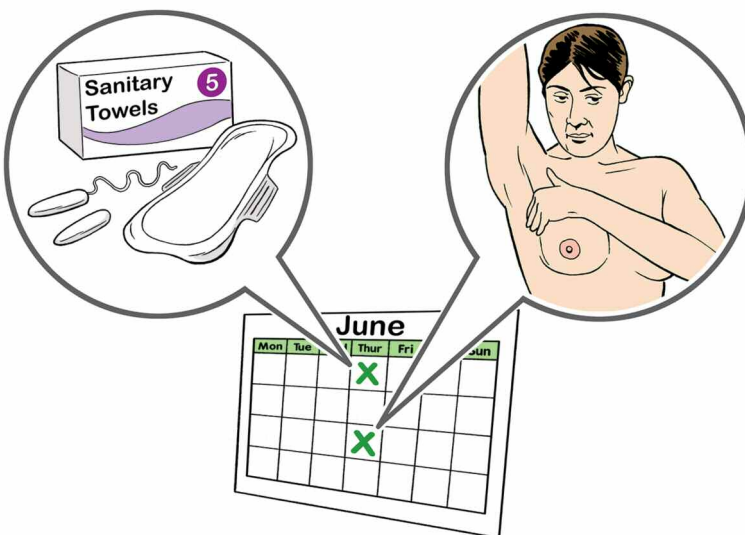
Breast care for women



Cancer is easier to treat if you find it early. You should check your breasts for any changes.



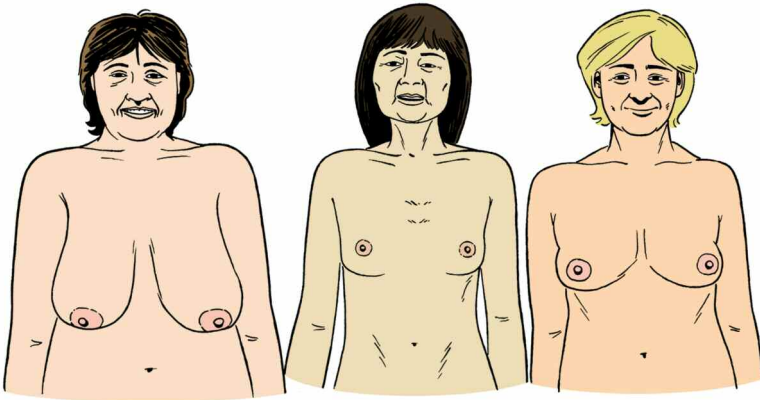
It is very important to check what your breasts feel like at different times of the month.



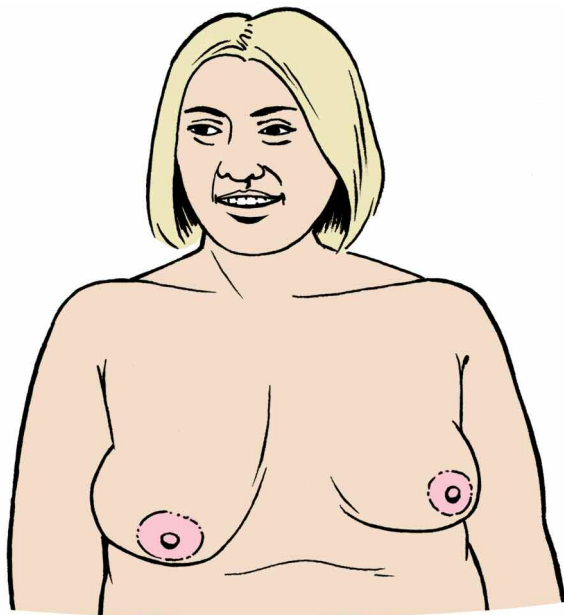
This is because the **menstrual cycle** causes changes in the breasts. It can make them bigger or more sensitive.



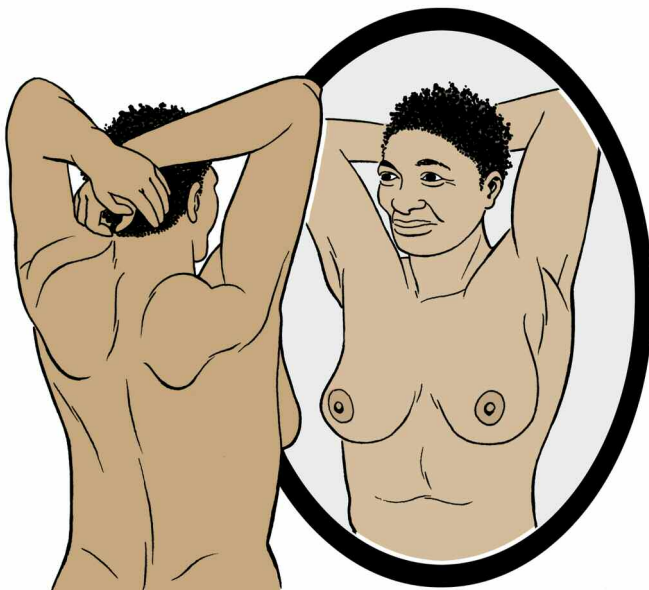
Breast care for women



Every woman's body is different. You should know what your breasts look and feel like normally. Then you will be able to spot any changes.



Some women have one breast larger than the other - this is OK.



It is best to look in a mirror to check your breasts. You can see if anything looks different.

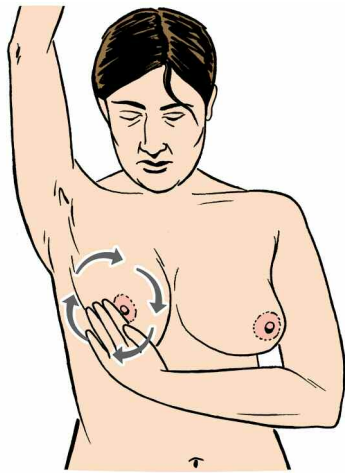


Breast care for women

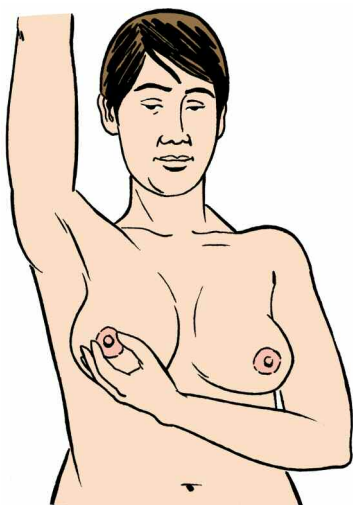


Check your breasts when you are somewhere private. This could be in the shower or bedroom.

How to check your breasts



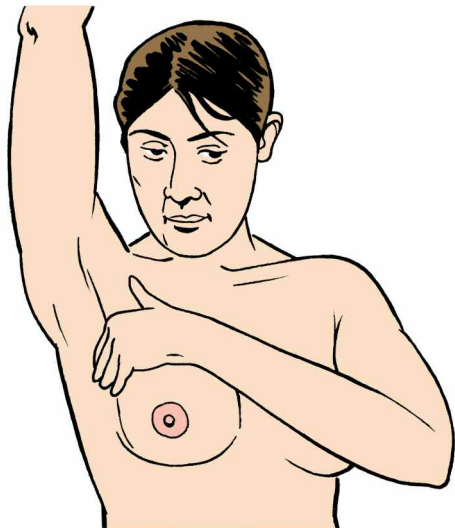
Feel all over the breast.



Then feel around the nipple area.



Breast care for women



Then feel under your arms.



If you find any changes or lumps in your breasts it is very important to see your doctor as soon as you can.

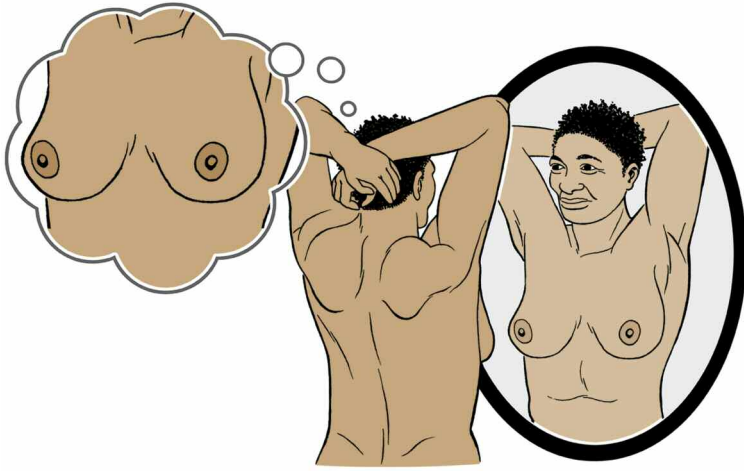


You can ask to see a female doctor if you would like.



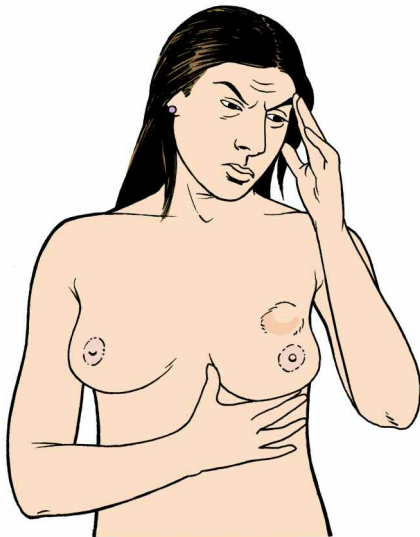
Breast care for women

Changes to look for

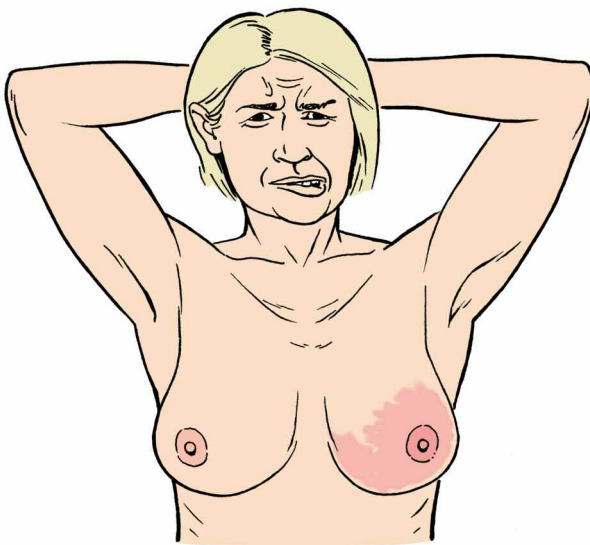


Look for:

Changes in the shape of your breasts or nipples.



Lumps in your breasts or armpits.



Changes to the skin on your breasts.



Breast care for women



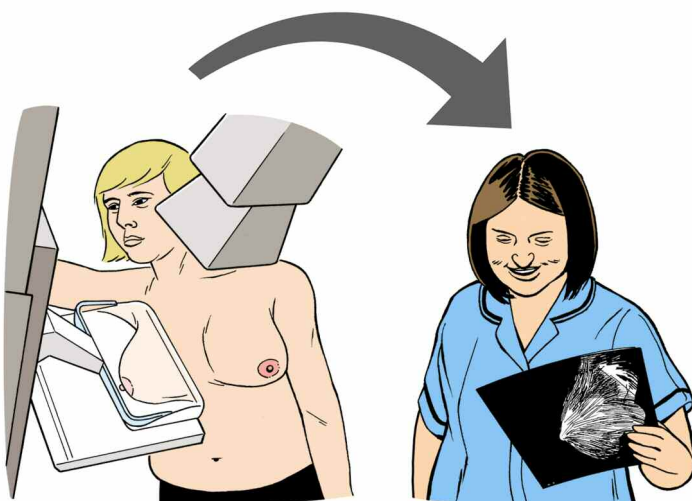
Look for:

Any liquid coming out of your nipples.

Breast screening



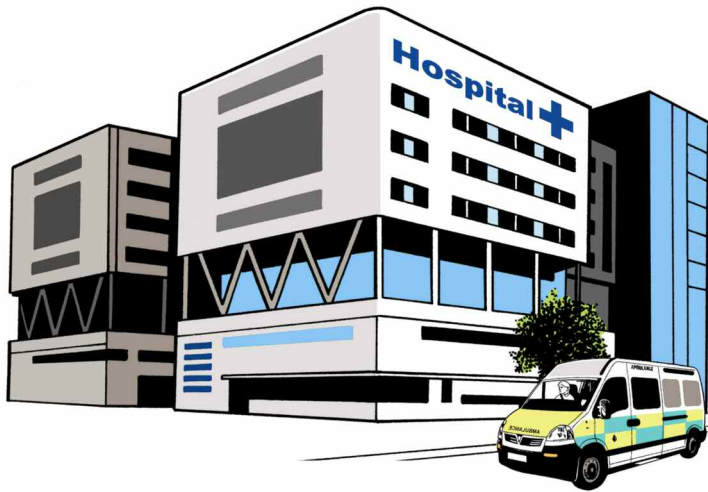
If you are aged 50 to 70 you will get a letter inviting you for breast **screening**. This will happen every 3 years. In some parts of England, women are invited from the age of 47 to 73.



Breast screening means having an **x-ray** of your breasts. This is called a **mammogram**. This will check if your breasts are healthy.



Breast care for women

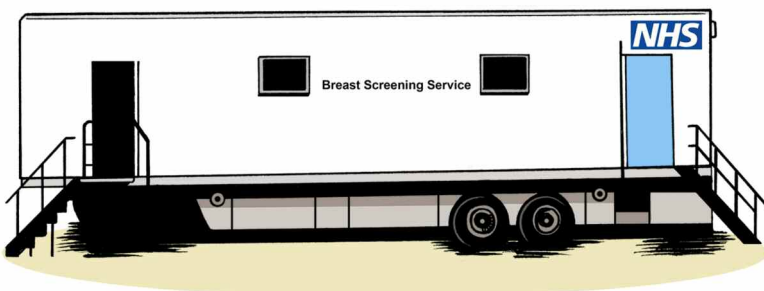


You might have a mammogram at a:

- hospital



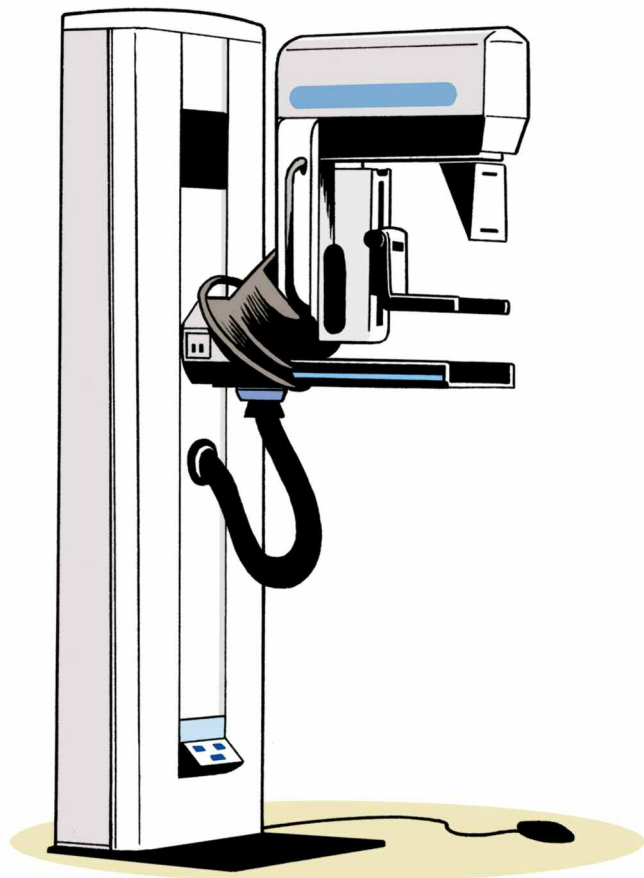
- clinic



- mobile unit



Breast care for women



This is what a breast screening machine looks like. This takes the x-ray of your breasts.

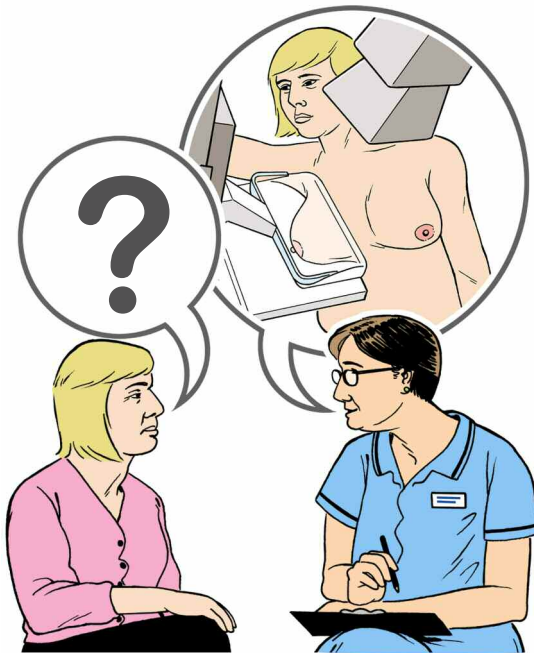


It will always be a woman doing the screening.



Breast care for women

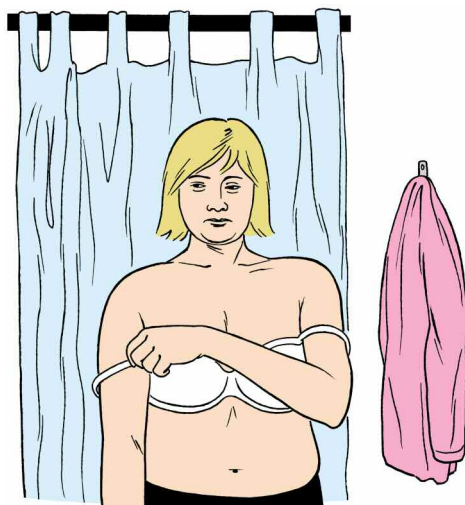
What happens



When you arrive at the breast screening unit the nurse will tell you what a mammogram is. You can ask her questions.



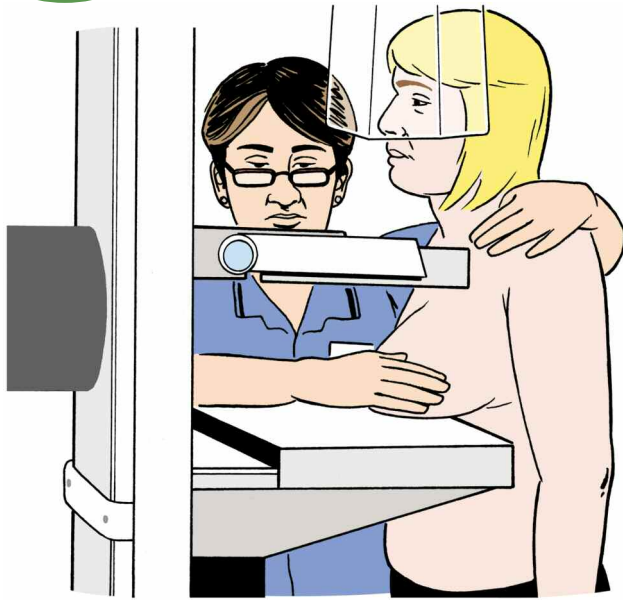
The nurse will check your name, address and date of birth.



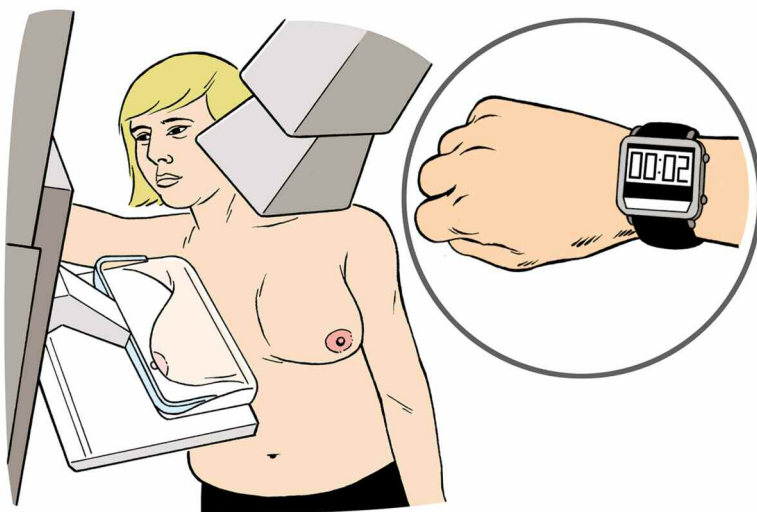
You will be asked to take your top and bra off.



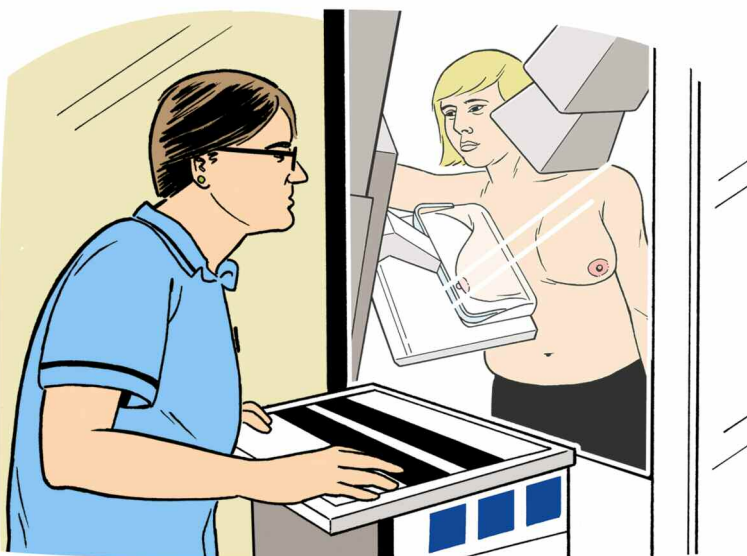
Breast care for women



The nurse will put your breast between two flat plates on the machine. The plates will press against your breast to take the x-rays. The nurse will do one breast at a time.



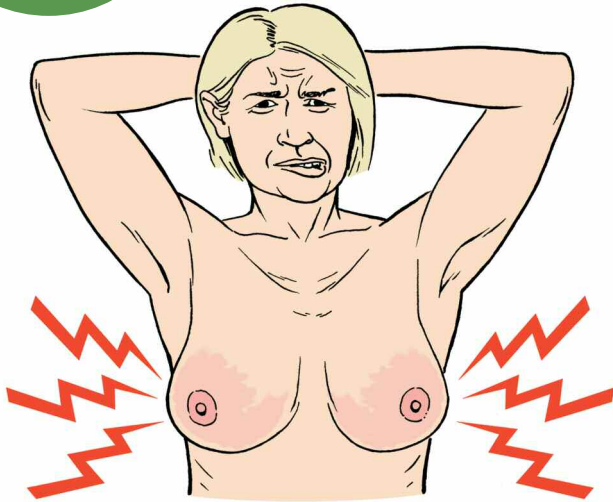
It only takes a few minutes.



The nurse will go behind a glass screen when the x-rays are being taken.



Breast care for women



Some women find it painful or uncomfortable. This should not last long.



After you can ask the nurse how you will find out your results and when this will be.



Sometimes you may be asked to come back for another mammogram because the results are not clear. This does not always mean something is wrong.

Word Bank

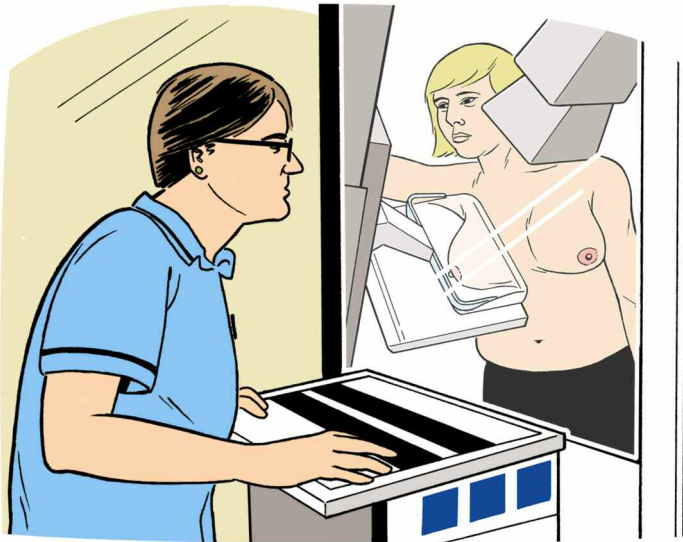


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities

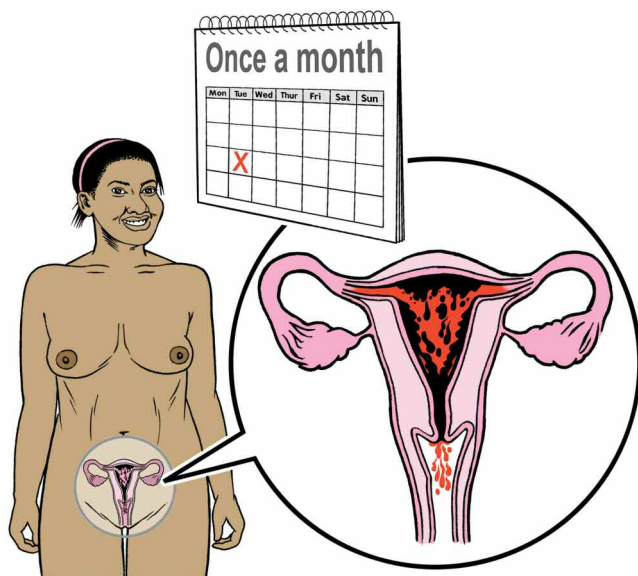


Word Bank



Mammogram

This is an x-ray of the breasts to see if there are any signs of cancer.



Menstrual cycle

The time from the first day of a woman's period to the day before her next period.



Screening

These are special tests that can sometimes find cancer early.

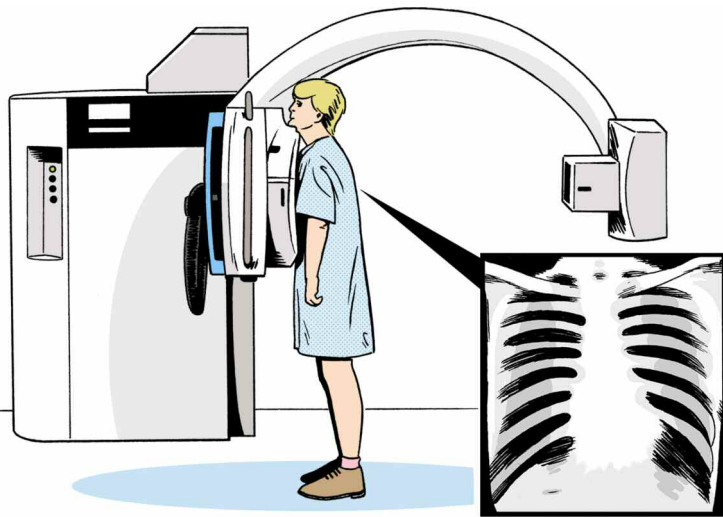


Word Bank



Symptoms

Signs in your body that tell you something is wrong, like feeling tired all the time.



X-ray

This is a picture taken of the inside of your body.



Notes

A series of horizontal dotted lines for writing notes.

Useful contacts



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



Useful contacts

Helpful organisations

Breast Cancer Care

Gives information and support to women with breast cancer, and their family and friends.

Phone: 0808 800 6000

Web: www.breastcancercare.org.uk

Brook

Brook gives young people free, confidential information about health, sex and relationships. Find your local Brook centre on their website.

Web: www.brook.org.uk

Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

Phone: 0808 800 4040

Web: www.cancerresearchuk.org

Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

Phone: 0808 808 00 00

Web: www.macmillan.org.uk





Useful contacts

NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone: 111**

Wales **Phone: 0845 46 47**

Northern Ireland **Web: www.hscni.net**

Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

Phone: 0207 924 3924

Web: www.paulscancersupportcentre.org.uk

RESPOND

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

Phone: 0808 808 07 00

Web: www.respond.org.uk





Useful contacts

Written and audio material

Books Beyond Words

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

Web: www.booksbeyondwords.co.uk

Phone: 020 8877 9799

Email: admin@booksbeyondwords.co.uk

Cervical Screening - Information for Women with Learning Disabilities

An information folder for women with learning disabilities about going for cervical screening. Produced by Elfrida Rathbone Camden.

Phone: 020 7424 1601

Web: www.elfridacamden.org.uk



FAIR Multimedia

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

Email: fair@fairadvice.org.uk

Phone: 0131 662 1962

Web: www.fairadvice.org.uk/health-publications.php



Useful contacts

Taking Good Care - supporting people with learning disabilities to be breast aware.

Easy read booklet about looking after your breasts for women with learning disabilities. Also includes a guide for carers. Produced by Breast Cancer Care and Cardiff People First.

Breast Cancer Care

Web: www.breastcancercare.org.uk

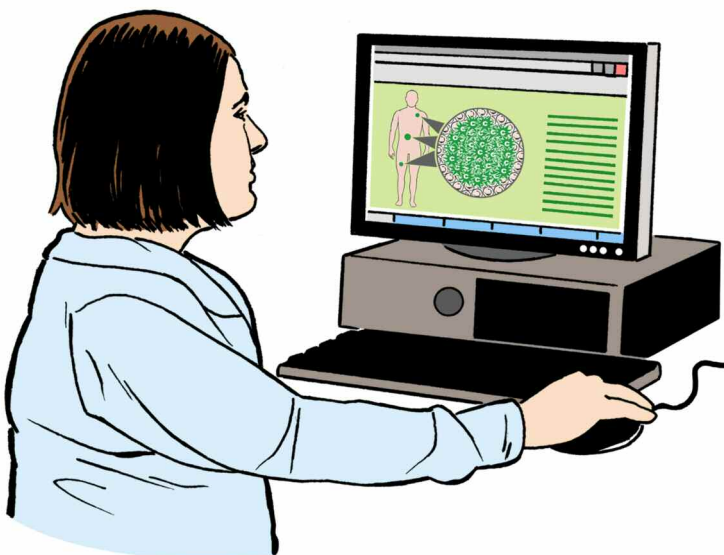
Phone: 0808 800 6000

Cardiff People First

Phone: 029 2023 1555



Online help



www.easyhealth.org.uk

Has lots of online health information that is easy to understand.

www.macmillan.org.uk

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.



Useful contacts

Videos and DVDs

Leeds Animation Workshop

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

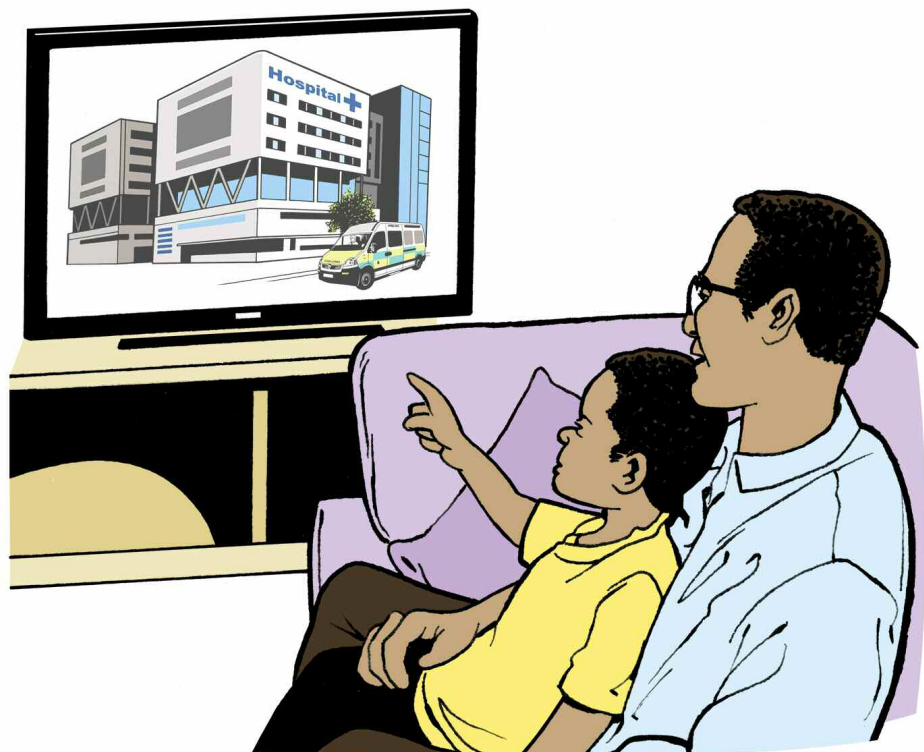
Phone: 0113 248 4997

Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy

Has DVDs and booklets for people with learning disabilities about health and illness.

Web: www.speakup.org.uk





CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

© **CHANGE 2016**