

# Breast Health for Women.

Breast cancer is the most common type of cancer in the UK. Most women diagnosed with breast cancer are over 50, but younger women can also get breast cancer. Read on to learn more.



## Did you know?

About one in eight women are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected in its early stages. For this reason, it's vital that women check their breasts regularly for any changes and always get any changes examined by their GP.

## Breast cancer symptoms

The first noticeable symptom is usually a lump or area of thickened breast tissue. Most breast lumps aren't cancerous, but it's always best to have them checked by your doctor. You should also see your GP if you notice any of the following:

- A change in the size or shape of one or both breasts
- Discharge from either of your nipples, which may be streaked with blood
- A lump or swelling in either of your armpits
- Dimpling on the skin of your breasts
- A rash on or around your nipple
- A change in the appearance of your nipple, such as becoming sunken into your breast

Breast pain isn't usually a symptom of breast cancer.

## Preventing breast cancer

Although there are no definite conclusions from research, there are benefits for women who maintain a healthy weight, exercise regularly and have a low intake of saturated fat and alcohol. It's also been suggested that regular exercise can reduce your risk of developing breast cancer by as much as a third.

If you've been through the menopause, it's particularly important that you're not overweight or obese, as these conditions cause more oestrogen to be produced by your body, which can increase the risk of breast cancer.

Free NHS MOT health check at your GP surgery

- ✓ You are between 40 and 74 years old and live in England
- ✓ You are between 40 and 64 and live in Scotland
- ✓ You live in Northern Ireland, where this is known as a 'cardiac risk factor assessment'

If you are under 40 or live in Wales, you can still discuss your lifestyle with your GP