



# Breast Cancer

## WHAT YOU NEED TO KNOW



### Risk factors



Being a woman



Being over 50



A strong family history of breast or ovarian cancer



Starting periods early or having a late menopause



Being on the Pill or taking HRT



Having no children

### Reducing your risk



Check your breasts



Be a healthy weight



Get active



Don't smoke



Limit alcohol



Breastfeed your baby

### Checking your breasts

Check monthly



One week after the end of your period is the best time.

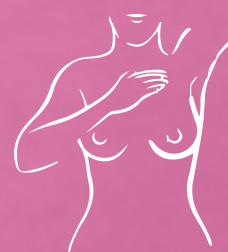
If menopausal, check on the same day every month.

Look for changes



Stand in front of a mirror with your hands in the air. Look for changes in size or shape, puckering, dimpling or redness of the skin.

Feel for changes



Using your fingers, check for any lumps, thickening or bumps.

Areas not to forget



Gently squeeze the nipple to check for discharge. Check your armpit as breast tissue also extends here.

### What to do if you find something

Most breast changes are benign (non-cancerous) so if you do find something, don't panic. However, visit your GP without delay to be certain.