

# BREAST CANCER

## WHAT YOU NEED TO KNOW



### RISK FACTORS



Being a woman



A strong family history of breast or ovarian cancer



Being over 50



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.

To watch a video on how to check your breasts, visit [www.mariekeating.ie](http://www.mariekeating.ie)