

BREAST CANCER

WHAT YOU NEED TO KNOW



RISK FACTORS



Being born female



A strong family history of breast or ovarian cancer



An inherited gene fault, e.g. BRCA1 & BRCA2 genes



Being over 50



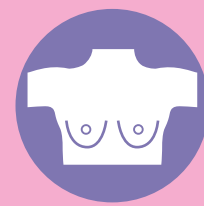
Starting periods early or having a late menopause



Taking the combined pill slightly increases risk. Ten years after stopping a person's risk is reduced



HRT slightly increases risk. Risk is higher if taking combined HRT



Higher risk in women with the most dense tissue



Having no children or your first child after 30 slightly increases your risk

REDUCING YOUR RISK



Check your breasts



Be a healthy weight



Get active



Don't smoke



Limit or avoid alcohol. None is best of all



Breastfeed your baby if possible for you

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 the padding of the first 3 fingers

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