

This leaflet is intended to provide current and up-to-date information on screening, prevention and breast awareness to a cohort of patients with a family history of breast cancer.

6 Steps to Better Health

1. Stop smoking
2. Be a healthy weight
3. Limit alcohol
4. Be physically active
5. Eat healthy
6. Stay safe in the sun

Breast Cancer Facts

Who gets it? Women and men can both develop breast cancer, yet it is predominately a female cancer. Currently breast cancer is one of the most common cancers affecting women in Ireland.

What increases your risk?

1. Being female
2. Increasing Age
3. Previous breast cancer
4. Taking HRT
5. Smoking and excessive alcohol
6. Being overweight & not physically active
7. Starting your periods at an early age or having a late menopause

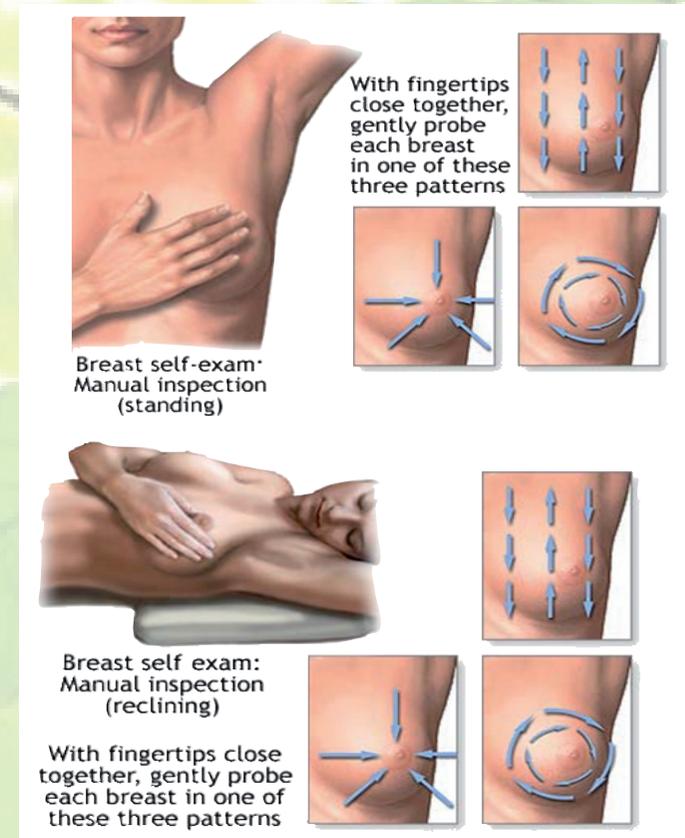
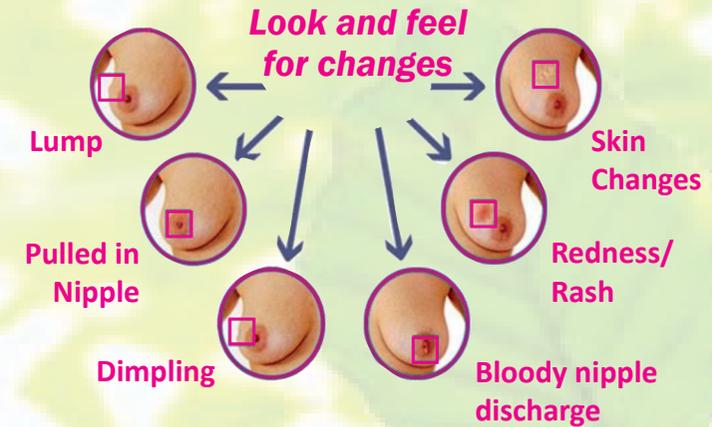
8. Having no children or having them late in life
9. Having a family history of breast cancer or ovarian cancer

Know how to examine your breasts

1. Do a breast self exam at the same time each month (If pre-menopausal check one week post menstruation)
2. Know what's normal for you
3. Know what changes to look for
4. Look at and examine your breasts
5. Discuss changes with your G.P. without delay
6. Attend for routine breast screening from age 50

Signs and symptoms of breast cancer

1. Breast Lumps- any size or a thickening in your breast
2. Change in the skin e.g. Puckering, dimpling or redness
3. Bloody nipple discharge
4. Change on or around the nipple e.g. Rash, flaky or crusting skin, direction change, shape, texture
5. Swelling in armpit, lower neck, collar bone, chest area
6. Change in size or shape of breast.



Screening

Breast screening involves a mammogram, which is an x-ray of the breasts, which may detect early signs of cancer before it can be seen or felt. Screening has been proven to reduce the number of deaths from breast cancer, as the disease is very treatable if detected early.

BreastCheck, the national breast screening programme, offers free mammograms to women aged 50-69. The programme invites eligible women to have a free mammogram every two years.

You can register for BreastCheck by calling freephone 1800 45 45 55. - or visit website www.breastcheck.ie

- At age 50 - please contact Breast Check to ensure you are on the database.

If in doubt....
get it checked out!

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PATIENT INFORMATION LEAFLET

Healthy Living
and Breast Cancer