



World Cancer
Research Fund

BREAST AWARENESS CHECK CARD

What is breast awareness?

Breast awareness means being familiar with the normal look and feel of your breasts so that you, or your partner, are able to spot any abnormalities early on.

You don't have to follow a special routine. Just be aware of what is normal by looking at and feeling your breasts regularly – for example, when in the shower or when getting dressed. Some women find it easier to check their breasts when they are lying down.

What changes should I look out for?

It's important to be aware of any changes, such as:

- ◆ A change in the size or shape of your breast.
- ◆ A change in skin texture, such as puckering or dimpling, or a rash around your nipple.
- ◆ Discharge from one or both nipples, or if your nipple becomes pulled in (inverted) or changes position or shape.
- ◆ Continuous pain in one part of your breast or armpit.
- ◆ A new lump or thickening in your breast or armpit. Bear in mind that breasts can be quite lumpy, especially just before a period.

What should I do if there is a change?

If you notice anything different, make an appointment with your GP as soon as you can.

NHS Breast Awareness 5 Point Code

1. Know what is normal for you
2. Look and feel
3. Know what changes to look for
4. Report any changes without delay
5. Attend breast screening if you are aged 50 or over



How can I reduce my risk of breast cancer?

There are lots of simple steps you can take to help reduce your risk.



Be as lean as possible without becoming underweight

Maintain a healthy weight and limit the amount of weight you gain throughout life, particularly around your waist, through a balanced diet and regular physical activity.



If consumed at all, limit alcoholic drinks to 1 a day

There is strong evidence that alcoholic drinks are a cause of breast cancer. Cutting down on the amount you drink could also play an important role in helping you to maintain a healthy weight.



Be physically active for at least 30 minutes every day

Any type of activity counts – the more you do the better. Building more activity into your everyday life will also help you to maintain a healthy weight.



Eat more of a variety of vegetables, fruits, wholegrains, and pulses such as beans

Eat plenty of starchy or protein-rich plant foods like rice, pasta, beans and pulses. Opt for wholegrain varieties where possible.



Limit consumption of energy-dense foods

Choosing healthy foods and drinks instead of those that are energy dense (usually high in fat and/or sugar) can help us avoid overweight and obesity, one of the risk factors for breast cancer.



It's best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods

Strong evidence shows that breastfeeding protects mothers against breast cancer and babies from excess weight gain. So, if you are able to, breastfeeding is a healthy choice for you and your baby.

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“Stopping cancer before it starts”

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