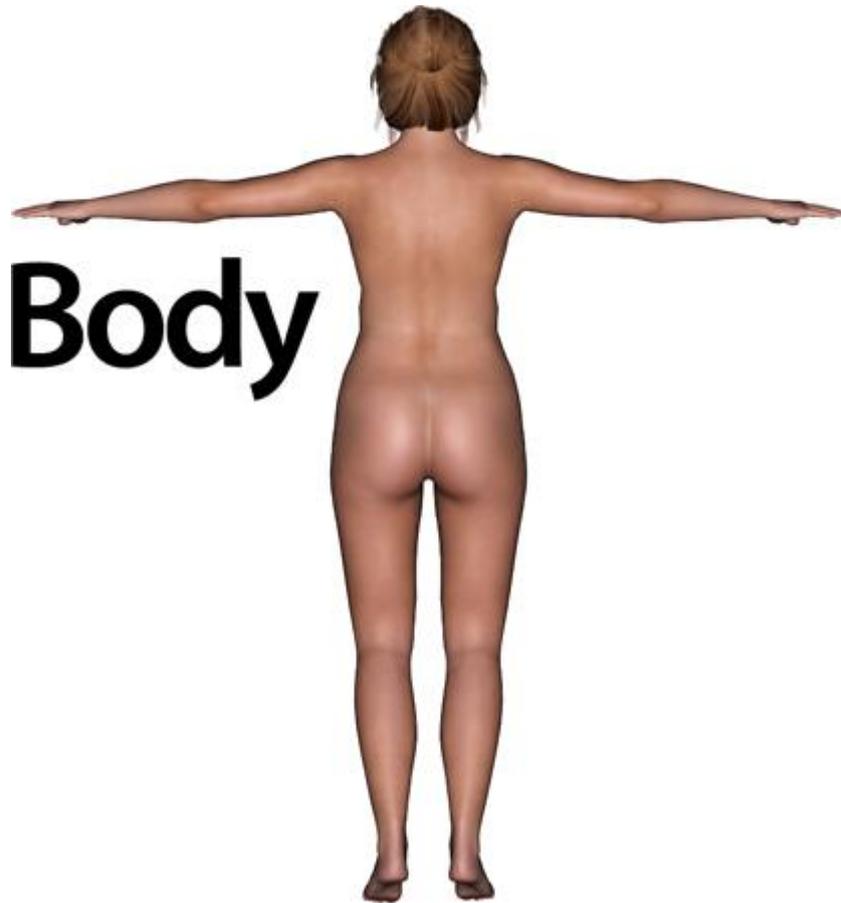


Be Breast Aware



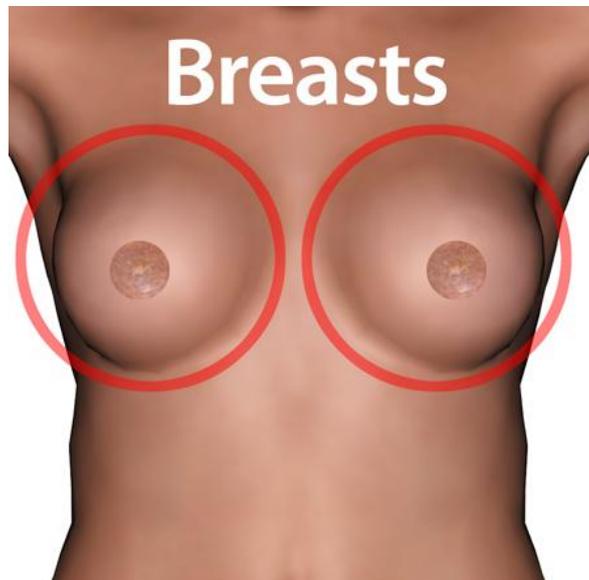
A Teaching Pack for women with learning disabilities and those who support them

Breast Facts

- All women's breasts change at times
 - during periods
 - during pregnancy
 - as we get older
- Most breast lumps are not cancer.
- Some breast lumps are cancer.
- About 1 in 11 women will develop breast cancer at some time.
- Men can also develop breast cancer, but this is rare.
- You need to find breast lumps as soon as possible. Treatment is usually more successful earlier on.

How do we find breast lumps?

- By being breast aware



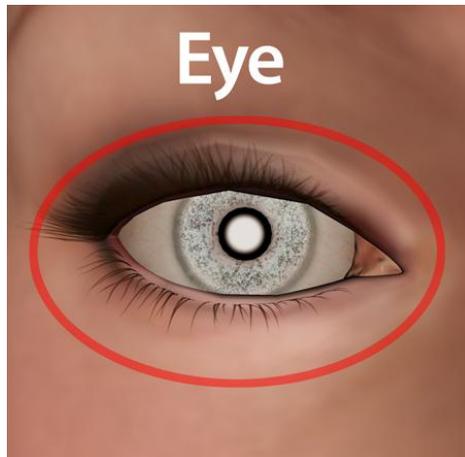
- By having an x-ray of our breasts called a mammogram



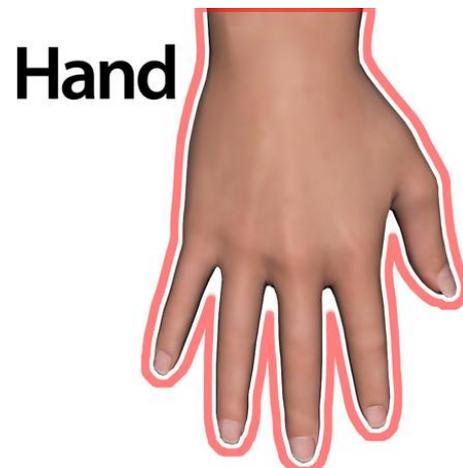
All women over the age of 50 are invited to have a mammogram.

Being Breast Aware

To be breast aware you need to



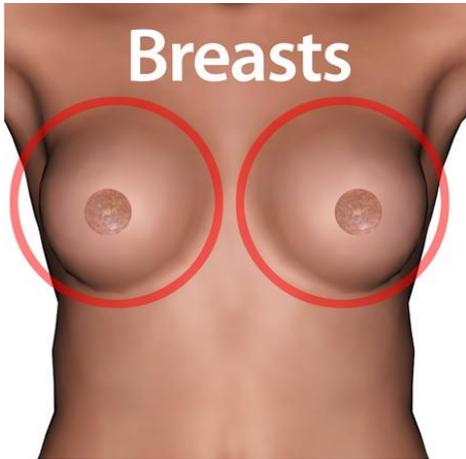
Look at your breasts and



Feel your breasts

What to look for?

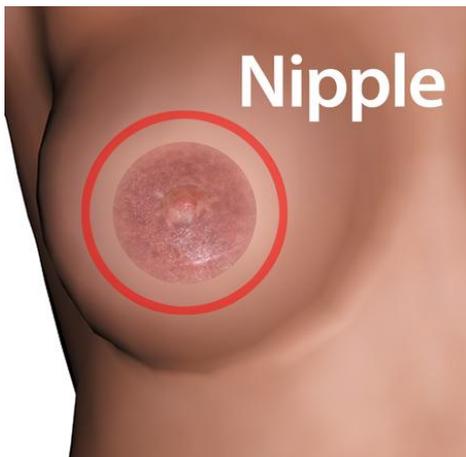
Your breasts



- Lumps

- Change in size
- Change in shape
- One breast looking different to the other
- Skin dimpling
- Rashes

Your nipple



- Turning in
- Pointing in a different direction
- Blood or liquid coming from your nipple (you may see this in your bra)

Your Armpit



- Lumps
- Rashes¹

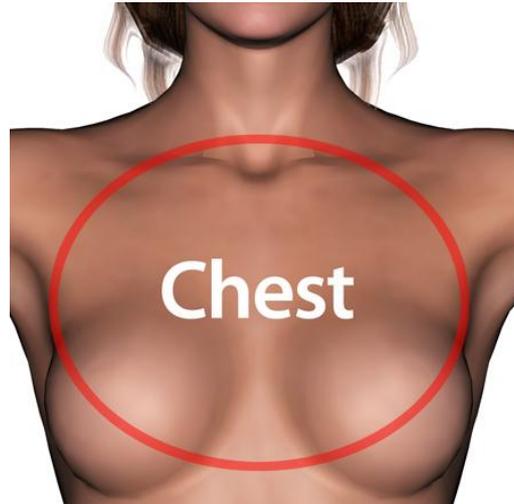
Being Breast Aware

Looking

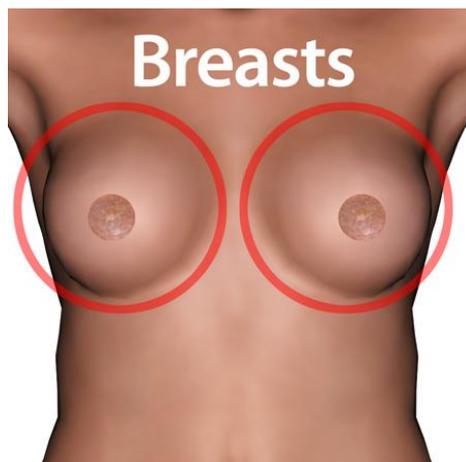
- Stand in front of a mirror
- Use a big mirror to see all your top
- Take your top and bra off
- Move your arms and body and look at your breasts carefully



Looking – What to do?



Stand in front of the mirror with your hands by your sides.



Raise your hands up.

Do your breasts look the same as when you last looked?

- Your breast
- Your nipple
- Your armpit

If there are any changes you need to tell someone

Being breast aware

Feeling



Using wet soapy hands in the shower or bath

Or



Lying back in a chair or on the bed

What to feel for?

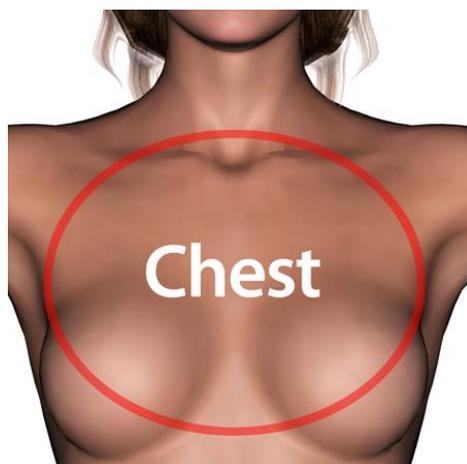
- Lumps
- Hard bits
- Pain

Feeling – What to do?



Use the pads of your middle three fingers to feel your breasts.

- Press just right
- Not too hard
- Not too soft

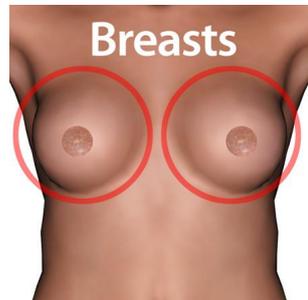


Move your fingers around your breasts and armpits in small circles.

You need to feel all of your breasts and armpits (all the area in the picture)

Feeling – What to do?

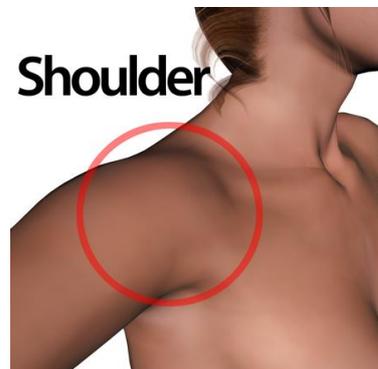
How do your:



Breasts



Nipples



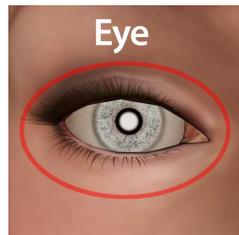
Armpits

Feel

- Any lumps?
- Any hard bits?
- Any pain?

If yes, you need to tell someone

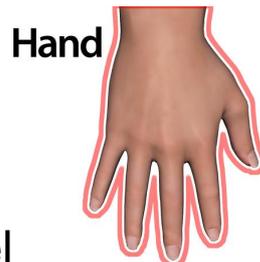
Being breast aware



If you look

and see something different

OR



If you feel

and feel a lump or hard bit

OR



If your breasts are painful

Tell someone



Key worker, Mum, GP, Friend, Nurse, Support worker, Sister, Husband, Boyfriend.

Looking after your breasts

- Wash and dry your breasts each day
- Get help if you feel or see any changes in your breasts
- Be measured when you buy a new bra
- Try on different bras in the shop
- Buy a new bra if your weight changes
- Tell someone if your bra is hurting



Adapted from 'Be Breast Aware' by Surrey
Oaklands NHS Trust