

RISK FACTORS FOR BREAST CANCER

- **Age:** Higher risk for **women over 50** and **men over 60**.
- **Family History:** Close relatives with breast or ovarian cancer may indicate inherited faulty genes.
- **Medical History:** Conditions like **dense breast tissue** or **previous chest radiotherapy** increase risk; in men, **testicular issues** also contribute.
- **Work Environment: Men in hot environments** may face increased risk due to potential testicular damage.
- **Hormone Levels:** Elevated estrogen, progesterone, or testosterone in women, and high estrogen in men, can raise risk; factors include **early menstruation, starting menopause after 55** and **not having children before 30**.
- **Weight:** A BMI **over 23** is linked to increased breast cancer risk for both genders.

If any of your **close relatives** have had breast or ovarian cancer, you may be **eligible for an NHS genetic test**.



SUPPORT AVAILABLE

Cancer Research UK offers confidential support through cancer information nurses, who answer questions about all cancer aspects. **Contact them at 0808 800 4040 (Mon–Fri, 9am–5pm) or visit cruk.org.**

Maggie's offers free practical, emotional, and social support for individuals with cancer and their families. Contact details:

- **Website:** maggies.org
- **Phone:** 0300 123 1801
- **Email:** enquiries@maggies.org

A Maggie's Centre is located at Northampton General Hospital, Billing Road, with no appointment needed for drop-in visits.

Breast Cancer Now (formerly Breast Cancer Care) funds research and supports individuals affected by breast cancer. Contact them at 0808 800 6000 (Mon–Fri 9am–4pm, Sat 9am–1pm, closed Sun), **with telephone interpreting available in 240 languages**. Visit breastcancernow.org for more information

BREAST CANCER

What to keep an eye on, risk factors, the ins and outs of cervical screening, and where to find a helping hand!



WHAT TO LOOK OUT FOR

Key Symptoms of Potential Breast Issues:

- Lump or swelling in the breast, chest, or armpit (affects both men and women)
- Changes in breast skin, such as dimpling or redness
- Alteration in the size or shape of one or both breasts (for men, this applies to the chest)
- Nipple discharge if not pregnant or breastfeeding, possibly containing blood
- Changes in nipple appearance, like inversion or rashes
- Ongoing pain in the breast or armpit (occasional pain is usually not concerning)
- Sores or ulcers on the chest in men

Breast cancer can develop in both men and Women. If you or your partner notice anything from this list speak to a doctor.



BREAST SCREENING (MAMMOGRAM)

A mammogram uses an x-ray to detect small, unnoticed cancers. Invitations are sent to women between ages 50 and 53, then every three years until age 71.



Here's what you can expect during a screening:

1. The mammographer will confirm your details and chat with you about any breast concerns you might have.
2. You'll have a private space to undress from the waist up.
3. Your breast will be gently positioned on the X-ray machine.
4. The machine will softly compress your breast for a few seconds to take the first X-ray. This might feel a bit uncomfortable.
5. A second X-ray will be taken after repositioning your breast.
6. The same steps will be done for your other breast.
7. Once the screening is done, you can dress in private. You'll typically receive your results within two weeks.

TIPS FOR YOUR SCREENING

- Wear a top that is **easy to remove**, rather than a dress or jumpsuit, to make it easier to take your clothes off down to your waist
- Remove necklaces and nipple piercings
- Tell the staff if you have difficulty walking or standing so they can help make you comfortable during the screening
- Tell the staff if you've found screening uncomfortable in the past
- **Talk to the staff if you are nervous or embarrassed – they are trained to help you feel more comfortable and provide support**
- Ask staff not to use any phrases or words that make you uncomfortable or nervous
- Tell the staff your pronouns, if you would like to
- **Do not** use deodorant, antiperspirant or talcum powder on the day as this may affect the mammogram

