

BREAST CANCER

Breast cancer is one of the most common cancers for women in Ireland.



1 in 7 women will develop breast cancer in their lifetime.



What increases your risk of getting Breast Cancer?

Many things increase your risk of getting Breast Cancer.

We call these risk factors. Some risk factors for Breast Cancer that we cannot change are our age, family history and our genes.

Some risk factors we can change



INCREASES *risk of Breast Cancer*



Alcohol:

The less you drink the lower your risk of Breast Cancer.



Body Weight:

Being overweight increases your risk of Breast Cancer.



Hormones:

If you are on the Oral Contraceptive pill or taking HRT talk to your doctor about this. Everyone's risk is different.



DECREASES *risk of Breast Cancer*



Physical Activity:

Any amount of activity is better than none.



Breastfeeding:

Breastfeeding reduces the mother's risk of Breast Cancer.



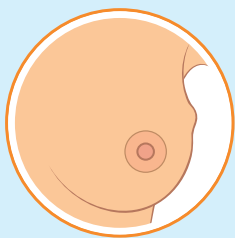
Healthy Eating:

Eating a healthy balanced diet can help you maintain a healthy body weight.

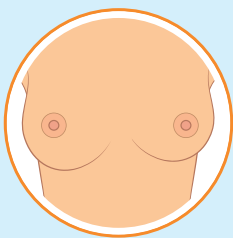
BREAST CANCER:
Know the Signs

- ✓ Check your breasts regularly.
- ✓ Know what is normal for your body.
- ✓ Know what changes to look out for.

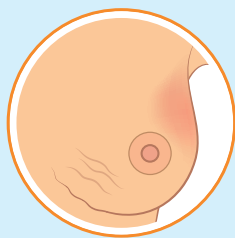
Call your doctor today if you notice any of the following:



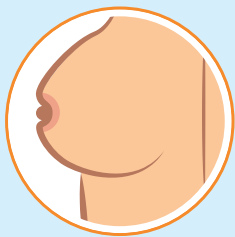
A new lump in your Breast.
A lump or swelling in
your armpit or around
your collarbone.



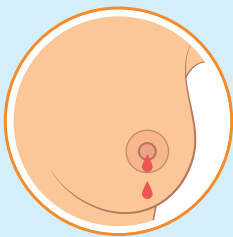
A change in the size or
shape of your breast.



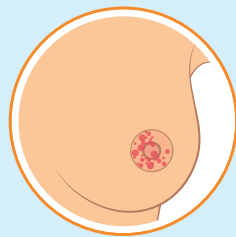
A change in the skin such
as redness or dimpling.
Dimpling means looking
like an orange peel.



A change in your nipple such
as the nipple turning inwards.



Any liquid or blood coming
from your nipple.



A rash on or around
your nipple.

Breast Screening

BreastCheck is a FREE breast screening programme in Ireland.

- ✓ Breast screening helps find cancer at an early stage.
- ✓ Breast screening is for healthy women with no breast symptoms.
- ✓ Screening is a way to check if your breasts are healthy.
- ✓ Screening takes an x-ray of your breast.

Every woman aged between 50 and 69 can have free BreastCheck screening.

You will receive a letter with your appointment.
You will be offered BreastCheck every 2 years.

Free phone 1800 45 45 55 if you do not get a letter and want to check that your name is on the register.


BreastCheck
An Clár Náisiúnta Scagthástála Cíoch
The National Breast Screening Programme

Breast Cancers can happen between screenings so it is important that you keep checking your breasts and contact your doctor without delay if you find any changes on your breasts.

www.breastcheck.ie