

Health & Wellbeing



October is

Breast Cancer Awareness Month

DID YOU KNOW?

Breast cancer is the most common cancer in the UK

Some people think that having breast cancer will cause other symptoms apart from a breast change, such as feeling tired, having less energy or weight loss, but this is not the case. If you notice a change, even if you feel well, it is important to visit your GP.

The three main risk factors for breast cancer are:

1. **Being a woman** – over 99% of new cases of breast cancer are in women.
2. **Getting older** – more than 80% of breast cancers occur in women over the age of 50. Most men who get breast cancer are over 60.
3. **Significant family history** – this is not common, only around 5% of people diagnosed with breast cancer have inherited a faulty BRCA1 or BRCA2 gene.

Breast cancer diagnosis

- **1 person** is diagnosed with Breast cancer every 10 minutes in the UK
- **1 in 8** women in the UK will develop breast cancer in their lifetime
- This Breast Cancer Awareness Month around **5000 people** will be diagnosed

Breast cancer signs and symptoms

Knowing the signs and symptoms of breast cancer can lead to diagnosing the cancer sooner. This can be crucial in providing more effective treatment and, ultimately, saving lives. Breast cancer does not always mean a lump.

For more information on signs and symptoms, go to:

<https://www.breastcancercare.org.uk/sites/default/files/files/breast-cancer-symptoms.pdf>

For a mini guide on how to take care of your breasts, go to:

<https://www.breastcancercare.org.uk/information-support/publication/taking-care-your-breasts-mini-guide-bcc211>

Alternatively, if you're worried about breast health or breast cancer you can call Breast Cancer Care for free on 0808 800 6000.