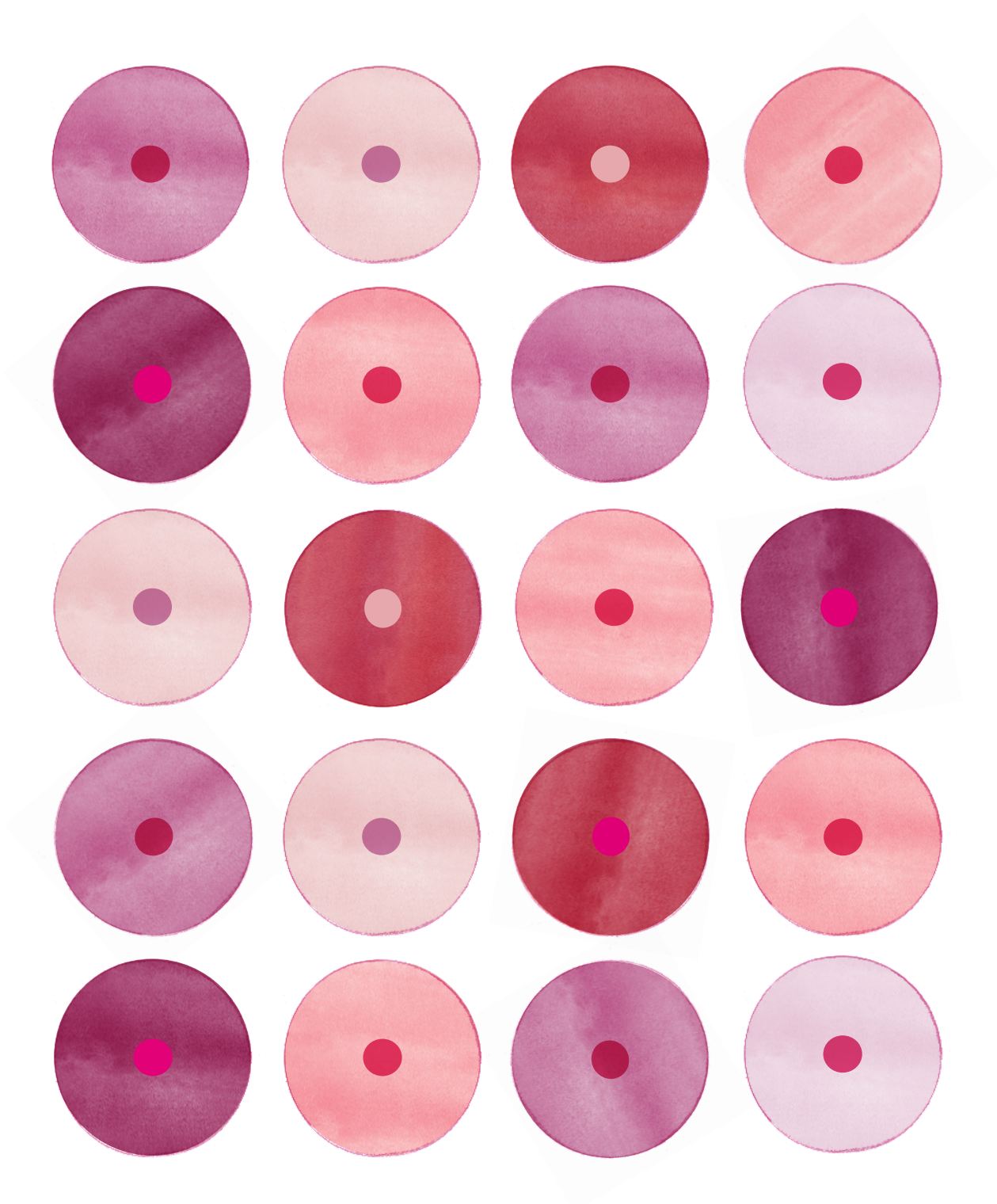


9 things you should know about breast cancer



1 More women get breast cancer than any other cancer



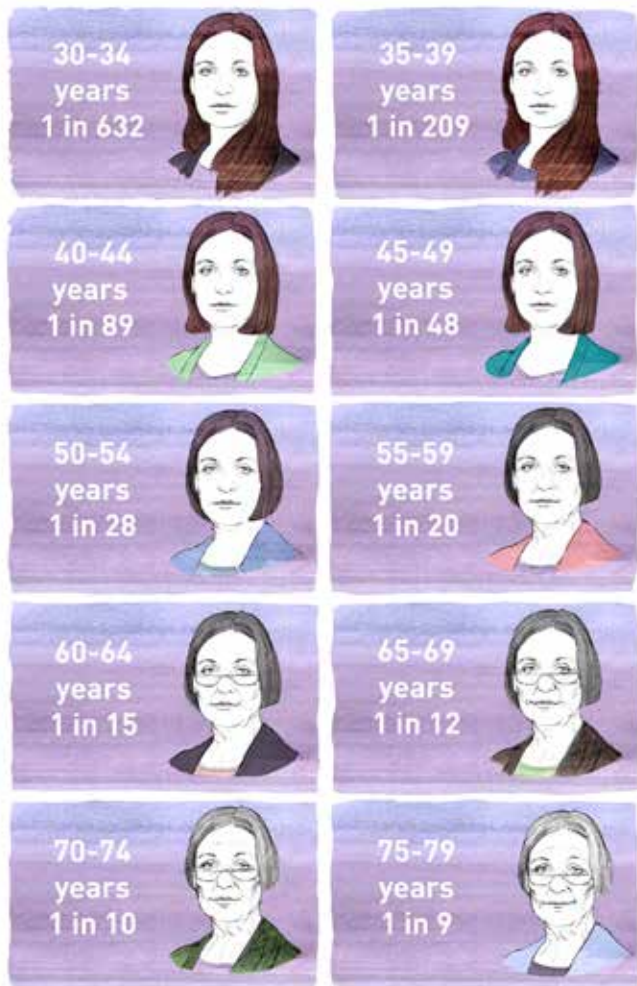
2 Alive and well



Up to 27,000 women are alive in Ireland having had breast cancer.

Most women who have small early stage breast cancers and receive the best treatment are alive and well 20 years later.

3 Your risk of getting breast cancer increases as you get older

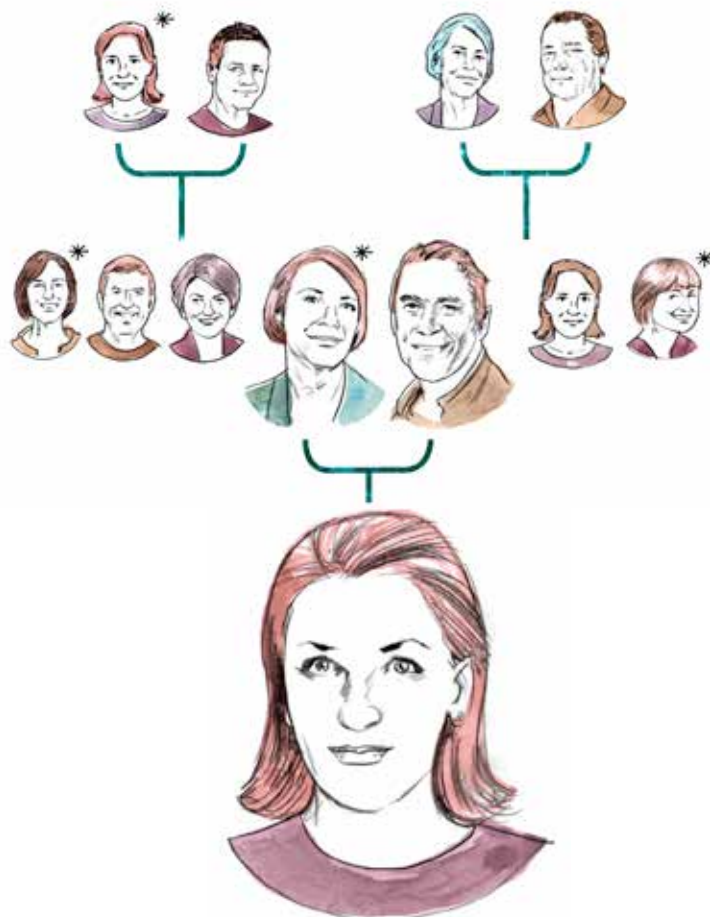


Source: National Cancer Registry Ireland, 2014. 2009-2011 average.

4 Family History?

Most women who get breast cancer don't have it in their family.

But if you have two or more close family members (e.g. mother, daughter, sister, or grandmother/aunt on either side) who have been diagnosed with breast cancer or are concerned about any cancers in your family, talk to your GP.



*
diagnosed with
breast cancer



5 Reduce your risk

About one third of breast cancer cases are related to being overweight and inactive.

- Eat a healthy well-balanced diet that is rich in fruit, vegetables and whole grain foods
- Limit red meat, and other forms of animal fat
- Limit sugary or fatty foods
- Limit alcohol - one glass per day
- Keep to a healthy weight all your life
- Take regular exercise - about 30 minutes every day

And always remember do not smoke

The choices you make about exercise, diet and weight can also reduce your chances of getting other cancers or serious diseases.

6 Notice any changes

It is very important to look out for breast changes and get them checked as soon as possible.

Remember though that most women with breast complaints do not have breast cancer.

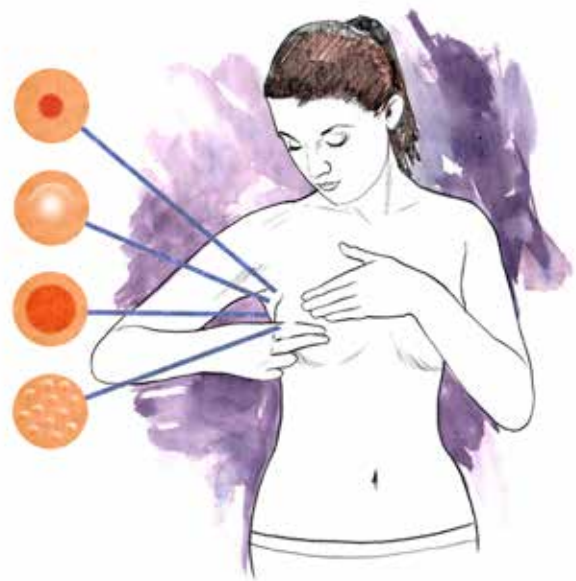
What to look for

Breast

- Lump in the breast or armpit
- Lumpy area or unusual thickening of breast tissue that stays after your period
- Size or shape - e.g. one breast might become larger or lower than the other
- Skin texture - such as puckers or dimples
- Swelling, redness or a rash on the breast
- Pain in part of the breast or armpit that is unrelated to your period

Nipple

- Turned-in, pulled up or down
- Blood-stained liquid from one or both nipples
- Rash or crusting of the nipple or surrounding area



7 Find it early

A mammogram (breast x-ray) can find cancer up to 4 years before a woman would notice a sign herself.

Finding smaller cancers saves lives and may increase your chances of having shorter, easier treatment.

All women in Ireland aged between 50 and 69 are entitled to a free mammogram every two years. Check the BreastCheck register at www.breastcheck.ie to ensure you are on the register and, if you have any questions, call Freephone 1800 454555. Continue to have mammograms into your 70s.

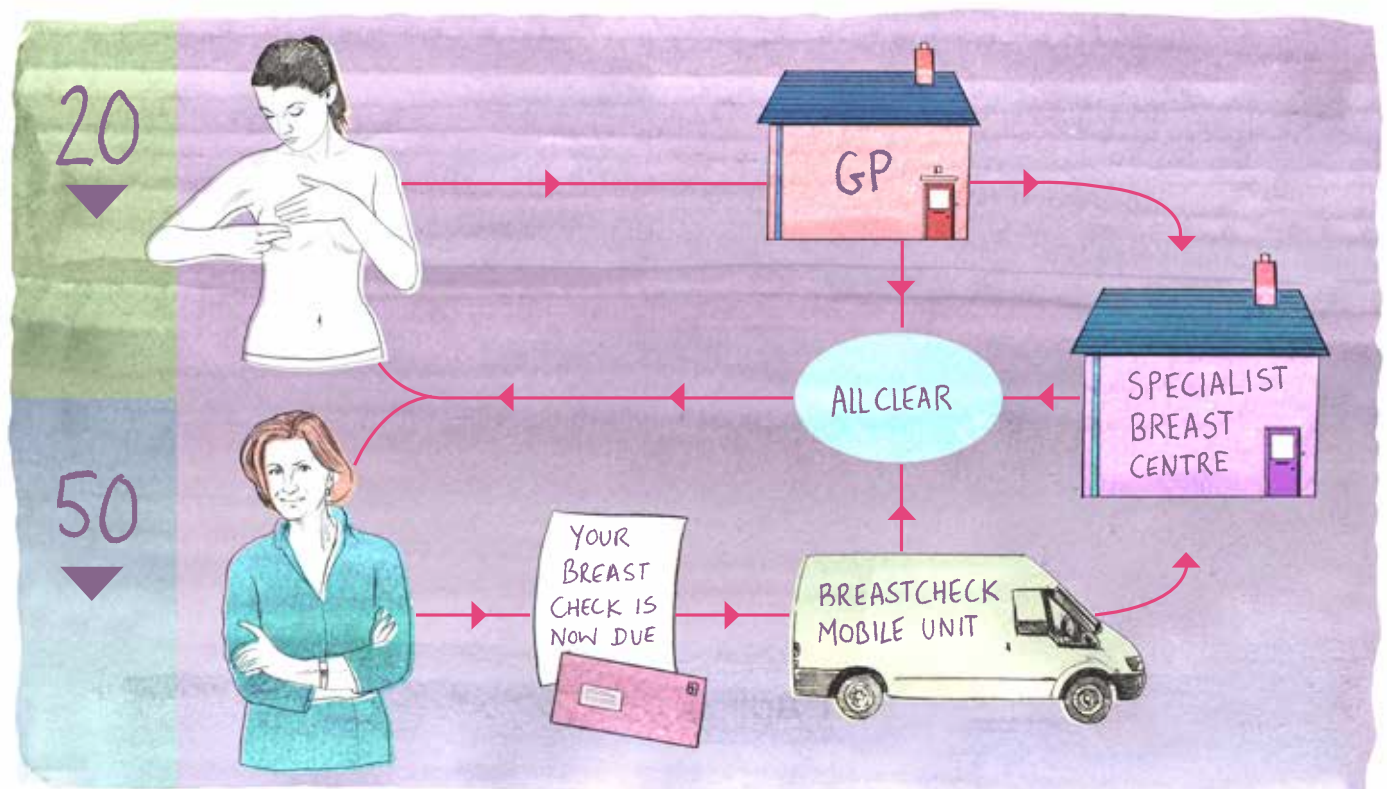


8 Get checked out

Most women who get checked out do not have breast cancer but it is very important:

From your 20s, to be aware and if you notice any changes, go to your GP. He or she will reassure you or send you to a Specialist Breast Centre.

From your 50s, accept your BreastCheck invitations and keep looking for changes.



9 Best Place

A Specialist Breast Centre is the best place to see if you have breast cancer and if so, the right treatment for you.

Specialist Breast Centres have highly trained and experienced experts, who work in teams, use the latest research and because they see enough new cases, keep their skills up to date.



Remember the good news!

The sooner breast cancer is found and treated in a Specialist Breast Centre the better your chance of surviving it.

Tips for reducing your risk of getting breast cancer:

- Exercise daily
- Eat a well-balanced diet
- Keep a healthy body weight
- Go to your GP if you notice any breast changes
- Go for your BreastCheck mammograms



List of Specialist Breast Centres

Cork:	Cork University Hospital
Dublin:	Beaumont Hospital, Mater Misericordiae University Hospital, St. James' Hospital, St. Vincent's University Hospital
Galway:	Galway University Hospital, Letterkenny General Hospital (Satellite clinic of Galway)
Limerick:	Mid-Western Regional Hospital
Waterford:	Waterford Regional Hospital

Europa Donna Ireland

Web: www.europadonnaireland.ie

Email: info@europadonnaireland.ie

Phone: 01 496 0198

Irish Cancer Society. Action Breast Cancer

Helpline: 1800 200700

www.cancer.ie/action

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Registered Charity: CHY 16312



Working for better
breast cancer
services nationwide

