

Women under the age of 50 are not offered routine screening because breast cancer is not as common in this age group and the breast tissue in younger women is denser which can make interpretation of a mammogram more difficult.

It is sensible for all women to be breast aware - get to know their breasts how they look and feel normally and if there is a change to go and see their GP and get it checked out.

*What are you **looking and feeling** for?*

Anything that is new for you:

- ⚡ Puckering or dimpling (like orange peel) of the breast
- ⚡ Change in the size or shape of either breast (they may not look identical to start with)
- ⚡ Changes in position of either nipple
- ⚡ Veins standing out
- ⚡ Bleeding or discharge from nipples
- ⚡ Rashes
- ⚡ Any lump or thickening in the breast or armpit
- ⚡ Enlarged glands in the armpit
- ⚡ discomfort that is persistent and different to premenstrual tenderness.

1 in 9 women will get breast cancer. The older we get the more at risk we are from breast cancer. We can help ourselves by:

- ⚡ being breast aware
- ⚡ attending for breast screening appointments
- ⚡ eat more fruit, vegetables and fibre
- ⚡ moderate our alcoholic drinks (1 or 2 units per day)
- ⚡ keep physically active and maintain a healthy bodyweight

Visit the website of the Cobalt Appeal Fund www.cobaltappeal.com for a factsheet on breast cancer.

References
NHS Breast Screening Service

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NHS Breast
Screening
Programme is
now saving
1,400 lives
every year



Breast screening can help to find small changes in the breast before there are any signs or symptoms. Early detection of breast cancer can mean simpler and more effective treatment.

The NHS Breast Screening Programme provides free breast screening every three years for all women in the UK aged 50 and over. Around one-and-a-half million women are screened in the UK each year. Women aged between 50 and 70 are now routinely invited.

Women aged over 70 are not automatically invited for breast screening however one third of all breast cancers occur in women over 70 years of age so it is important that women ring their local breast screening service and continue to make appointments every three years.

The Gloucestershire Breast Screening Service has screened 320,000 women and detected around 1,700 cancers.

🎀 In the 1970s around 5 out of 10 breast cancer patients survived beyond five years. Now it's 8 out of 10

🎀 One in nine women will develop breast cancer at some time in their life

🎀 80% of breast cancers occur in women over the age of 50

The NHS Breast Screening Programme is an effective part of the UK's efforts to reduce the death toll from breast cancer.

The mammogram (an x-ray of the breast) is taken by carefully compressing each breast between two plastic plates. Two views are taken of each breast. Most women find it a bit uncomfortable and a few find it painful. The mammogram can detect small changes in breast tissue which may indicate cancers which are too small to be felt either by the woman herself or by a doctor.

