

## What to do about changes

- If you are aware of any change in your breasts, make an appointment to see your GP immediately. He or she will then decide what should be done.
- If your change is due to breast cancer, the sooner it is reported the more successful treatment is likely to be.
- Remember, breast screening can also alert you to any change in your breasts. All women over 50 should make sure to attend when invited. Women aged 65 or over are not automatically called for screening but can make an appointment through their local screening centre (see back cover).

## Screening centres

### Eastern Health and Social Services Board

The Screening Centre  
12-22 Linenhall Street, Belfast BT2 8BS  
Tel: 028 9033 3700

### Northern Health and Social Services Board

Northern Area Breast Screening and Assessment Unit  
Level A, Antrim Area Hospital  
45 Bush Road, Antrim BT41 2RL  
Tel: 028 9442 4425

### Southern Health and Social Services Board

The Breast Screening Unit  
Lurgan Hospital  
Sloan Street, Lurgan BT66 8NX  
Tel: 028 3834 7083

### Western Health and Social Services Board

The Breast Screening Unit  
Ground Floor, The Nurses' Home  
Altnagelvin Area Hospital  
Glenshane Road, Londonderry BT47 6SB  
Tel: 028 7161 1443

*This leaflet is available in other languages and on audio tape on request from your screening centre - see the website: [www.dhsspsni.gov.uk/phealth](http://www.dhsspsni.gov.uk/phealth)*

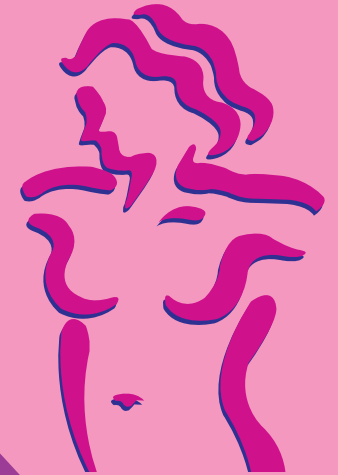


**Health  
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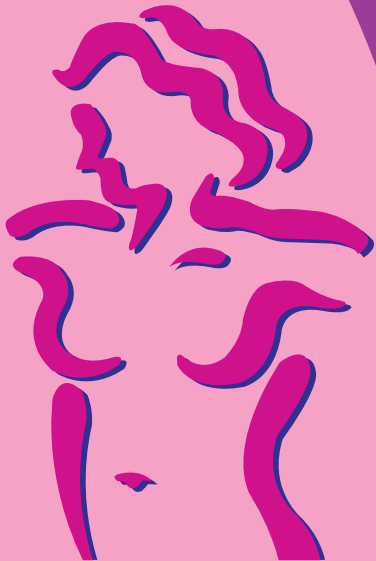
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# Breast awareness



## Looking out for changes

**Breast cancer is the most common form of cancer among women in Northern Ireland - 1 in 12 will develop breast cancer before the age of 75. It can develop at any time but is more common in women over 50. If detected at an early stage there is a good chance of successful recovery.**



- Breast awareness means knowing your own breasts and being aware of what is normal for you.
- You can become familiar with your breast tissue by looking and feeling in any way that is best for you, eg in the bath, shower or when dressing. Doctors no longer recommend a set way to do this.
- You may have lumpy tender breasts just before your period and soft breasts immediately afterwards.
- If you no longer have periods your breasts can feel softer, less firm and not so lumpy.
- When you know how your breasts normally look and feel, you will be able to notice any changes. You should check your breasts every month.
- Most changes are harmless but all should be checked by a doctor. If the change is due to cancer, earlier detection may mean simpler and more successful treatment.



## Possible changes

**Remember - you are checking for any change in your breasts** which is new for you.

- Any change in the size or shape of your breasts.
- Any obvious lump or thickening under the skin of your breasts or armpits.
- Any dent, puckering or dimpling of your breasts.
- Veins which stand out more than usual.
- Any change in the position of your nipples - pulled inwards or pointing in a different direction.
- Any discharge or bleeding from your nipples.
- A rash around your nipples.
- Any discomfort or pain in your breasts that is different from normal.
- Any change in sensation in your breasts.

