

Welcome to your public health talk

**Please mute yourself.
If you have any questions,
please “raise your hand”
using Teams or ask using
the live chat feature.**



The
Growth
Company



What we'll cover today

Welcome

Our vision

Key facts about breast cancer

Being breast aware

Signs and symptoms

NHS breast screening programme

Causes and risk factors

Myths and misconceptions

GC Colleague - Rosie Wright's Story

Wear it Pink Growth Company Raffle

Welcome



Who we are



We're Breast Cancer Now, the research and support charity. However you're experiencing breast cancer, we're here.

Our vision is...



That by 2050, everyone who develops breast cancer will live, and be supported to live well.

About breast cancer

Key facts and statistics

Breast cancer is the **most common** cancer in women in the UK.

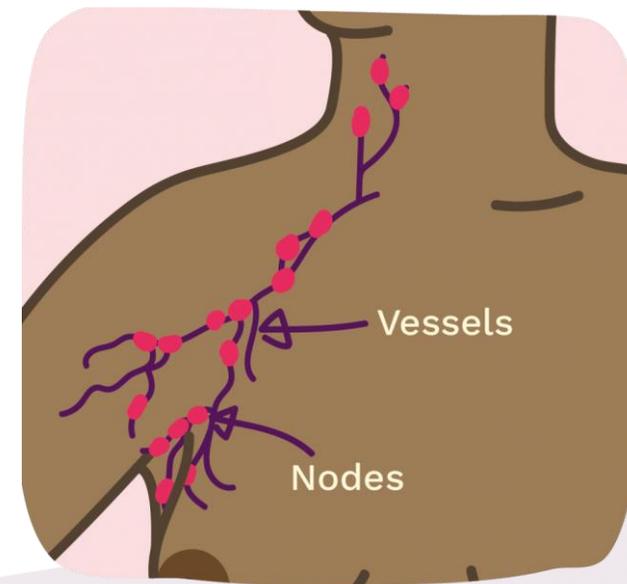
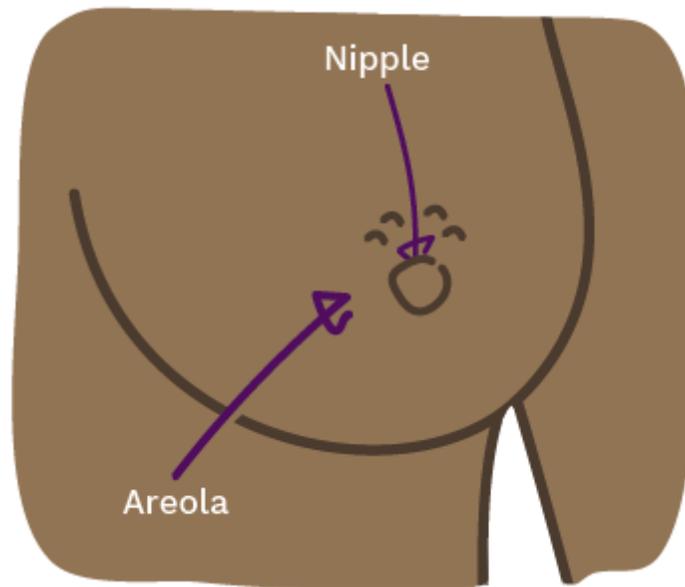
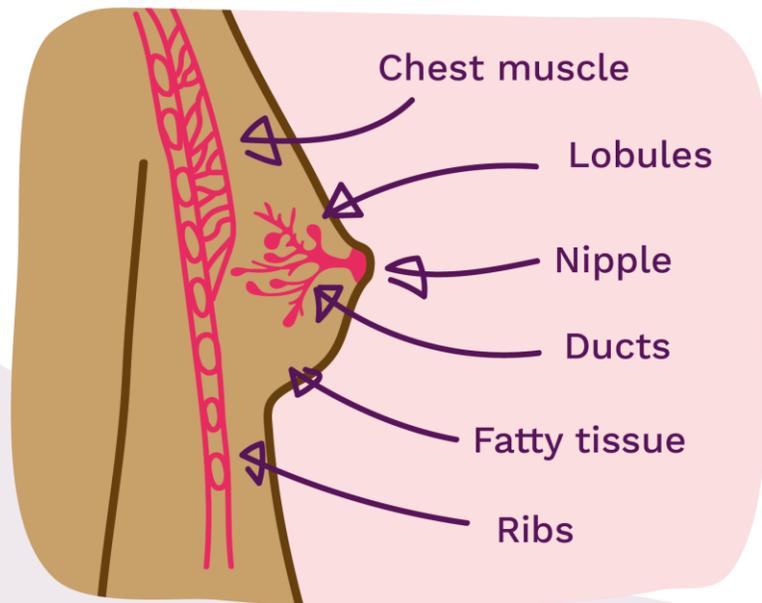


1 in 7 UK women will develop breast cancer in their lifetime.

In the UK:

- Around **55,000** women and **400** men are diagnosed with breast cancer every year
- Another **7,000** people are diagnosed with DCIS (ductal carcinoma in situ) each year
- An estimated **600,000** people are alive after a diagnosis with breast cancer
- **11,500** women and **85** men die from breast cancer every year

About your breasts



What is breast cancer?



There are different types of breast cancer:

Non-invasive

Cancer cells are inside the milk ducts or lobes. They haven't developed the ability to spread within the breast.

Primary or invasive

Cancer cells have spread to surrounding breast tissue or lymph nodes.

Secondary (or metastatic)

Breast cancer cells spread to other parts of the body (most commonly bone, liver, lung or brain).

This is incurable.

Being breast aware

Touch Look Check

Get to know your breasts with some TLC – **Touch**  **Look**  **Check** 

TOUCH **YOUR BREASTS** Can you feel anything new or unusual?

LOOK **FOR CHANGES** Does anything look different?

CHECK **ANY CHANGES WITH A GP**



**BREAST
CANCER
NOW** The research &
support charity

Early detection is vital



The sooner breast cancer is found, the more successful treatment is likely to be.



Most cases are found by people noticing unusual changes themselves.



Make sure you get any new or unusual changes checked by a GP.

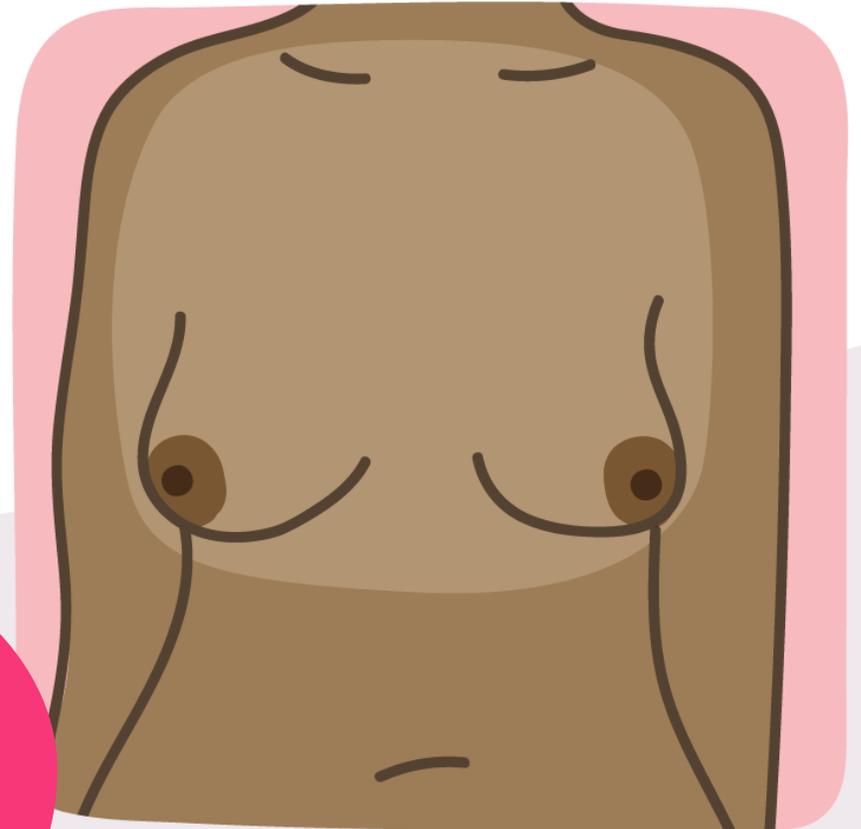
Signs and symptoms



Check all parts of your **breasts**, your **armpits** and up to your **collarbone (upper chest)** for **changes**.

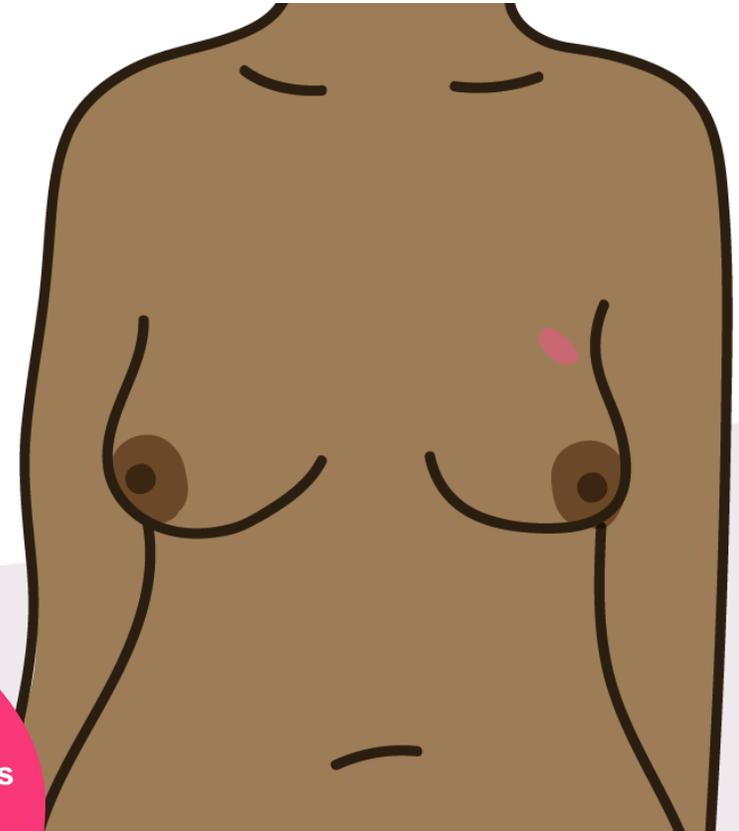
No matter what **size** or **shape** your breasts are, **check them regularly**.

Some of these signs and symptoms may appear differently, depending on your skin tone.





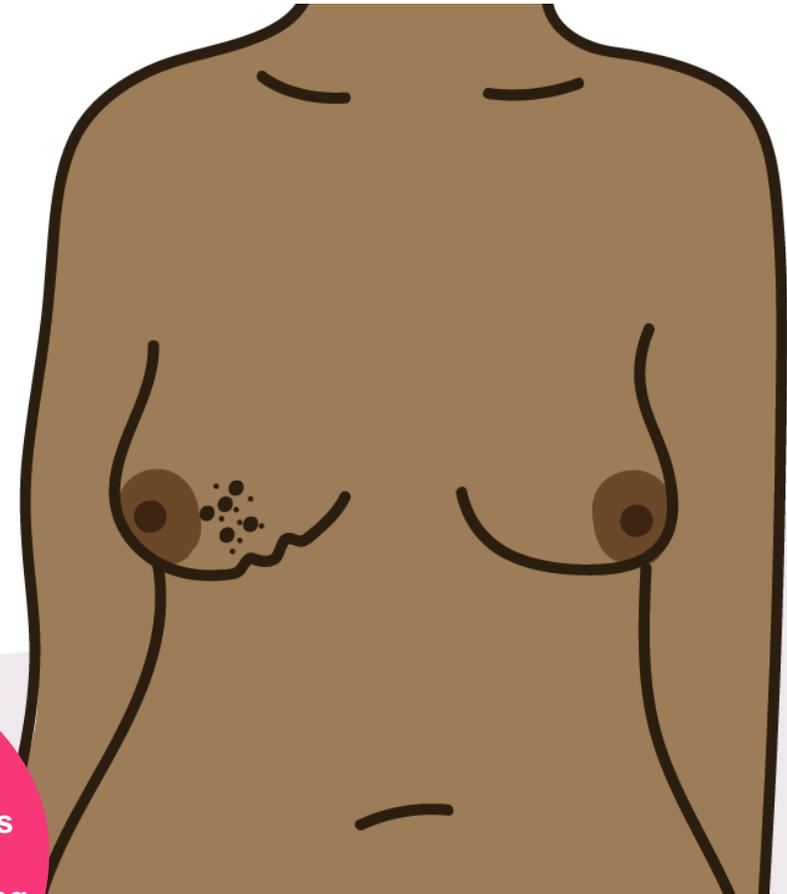
A **lump or swelling** in the breast, upper chest or armpit



Some of these signs and symptoms may appear differently, depending on your skin tone.



A **change to the skin**,
such as puckering or
dimpling

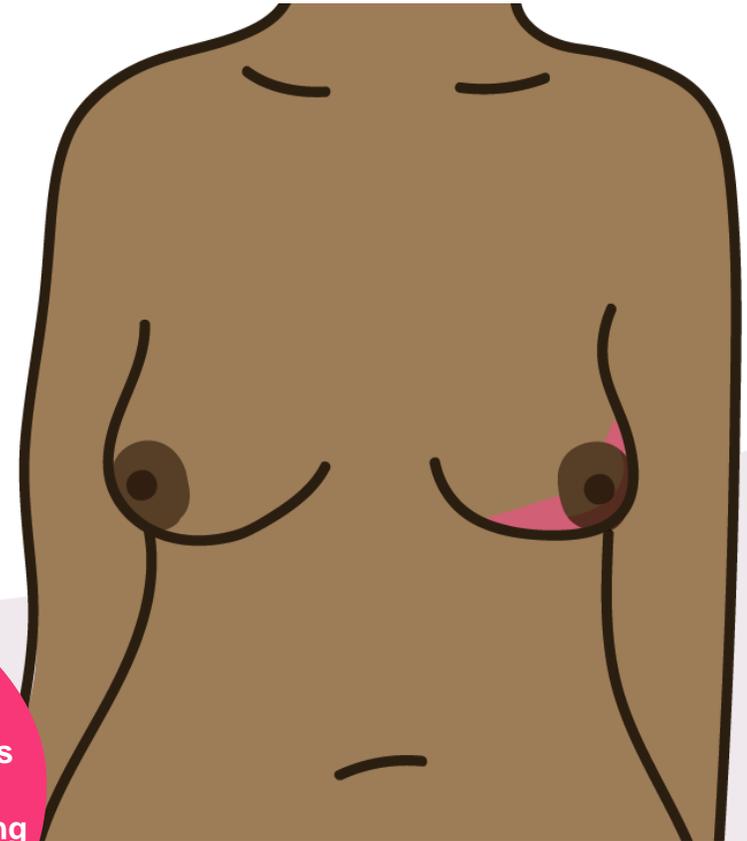


Some of these
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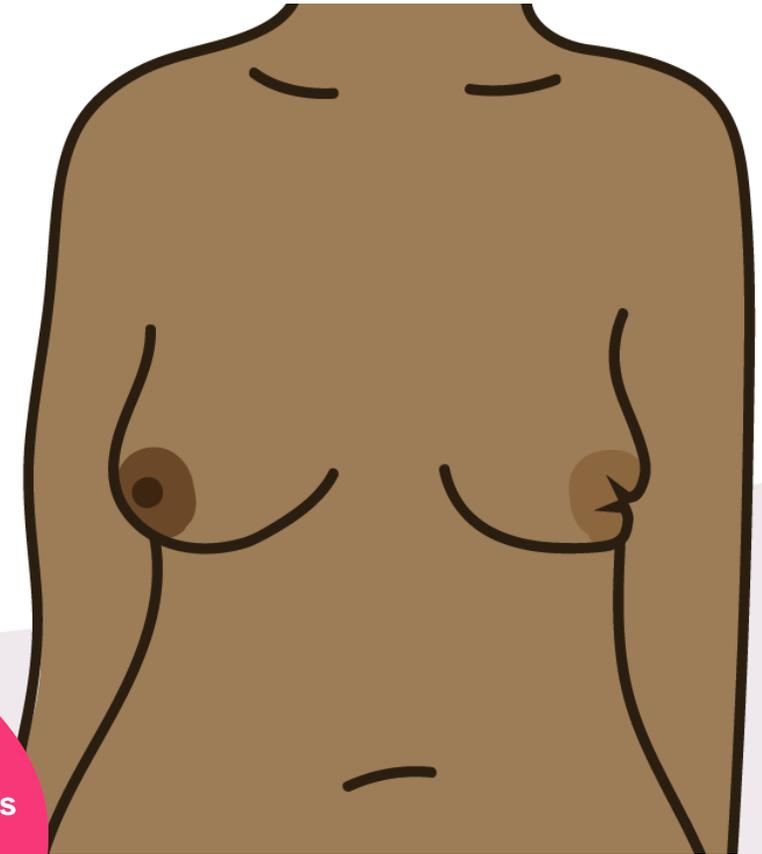
A **change in colour** of the breast – the breast may look red or inflamed

Some of these signs and symptoms may appear differently, depending on your skin tone.





A **nipple change**, for example it has become pulled in (inverted)

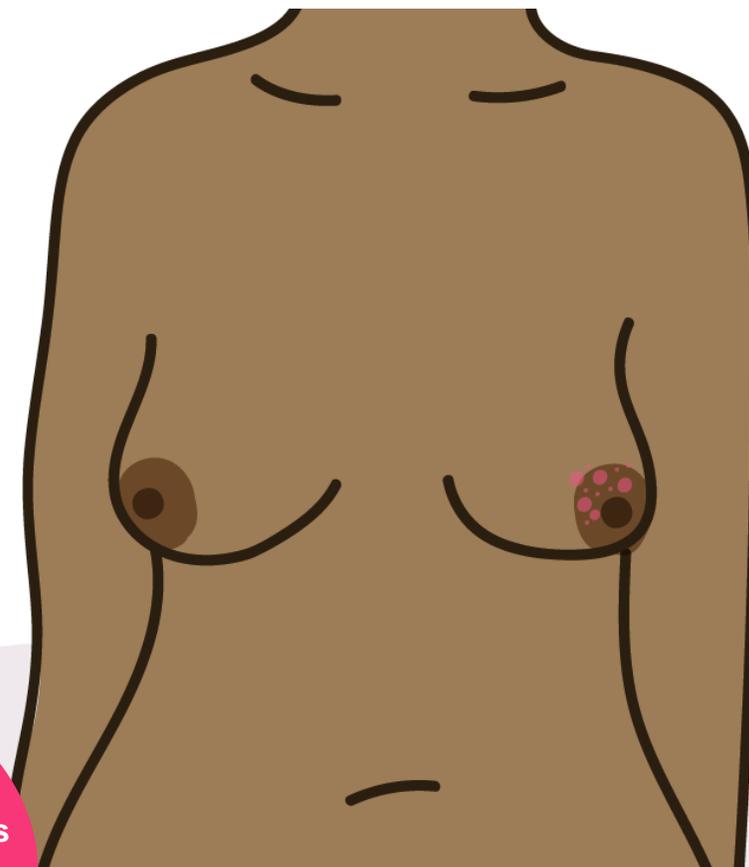


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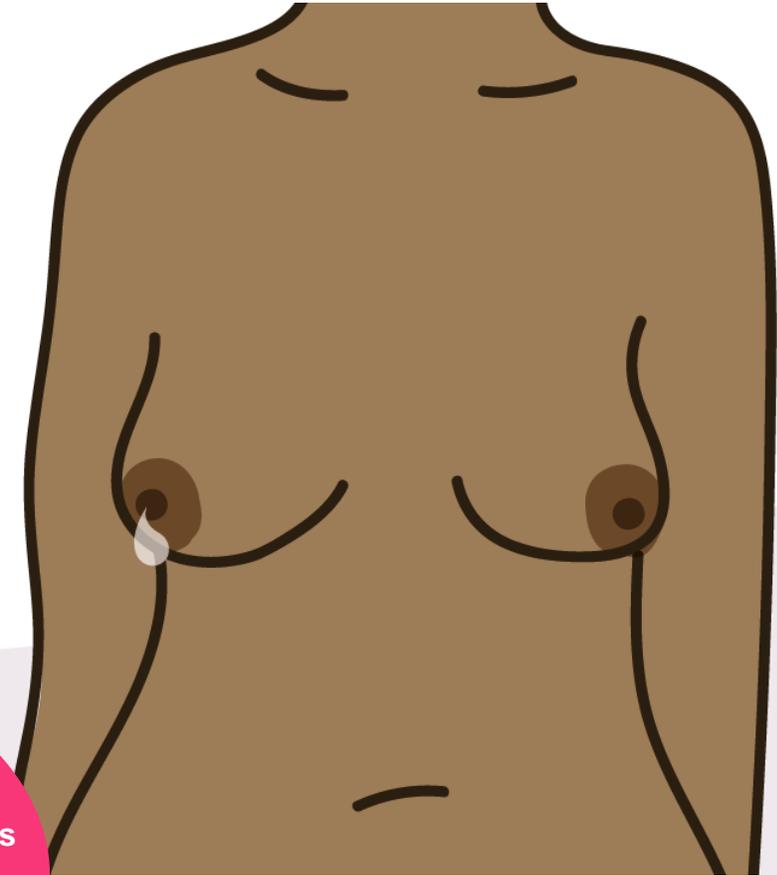
Rash or crusting around the nipple



Some of these
signs and symptoms
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Unusual liquid (discharge) from either nipple



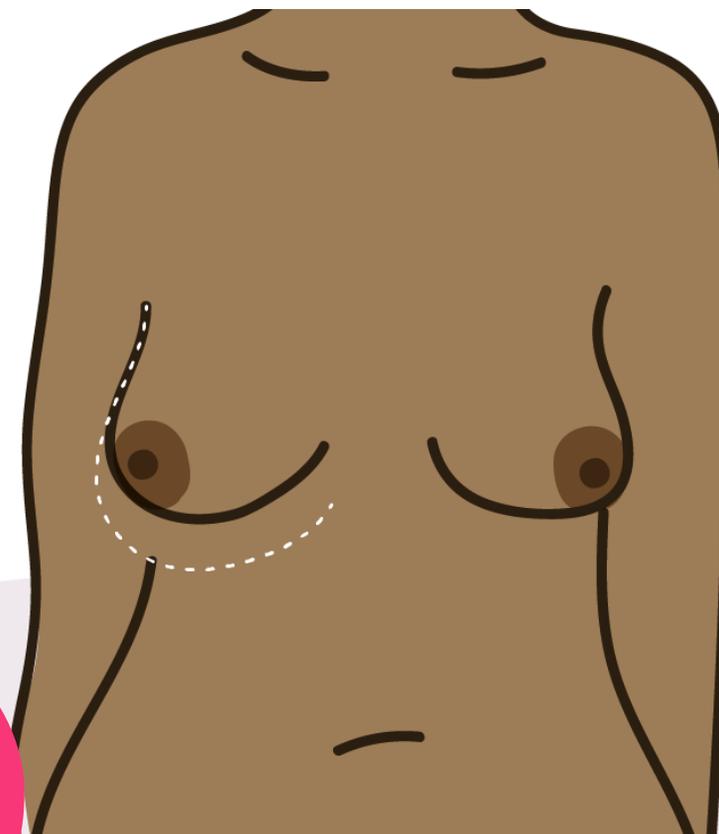
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Changes **in size or shape** of the breast

Some of these signs and symptoms may appear differently, depending on your skin tone.





Pain in your breast

On its own, **pain in your breasts** is not usually a sign of breast cancer. But look out for pain that's there all or almost all the time.

Breast cancer in men

Breast cancer in men is very rare.

Around **400** men are diagnosed each year in the UK.

Most men who get breast cancer are over 60. But it can happen at any age.

It's important for men to be **body aware** too.



NHS breast screening programme



5 things you need to know about screening

- ① Anyone aged **50 to 71** and **registered as female** with their GP is automatically invited to breast screening
- ② You'll be invited every **3 years**
- ③ Screening uses a **breast x-ray** (mammogram) to look for cancer that may be too small to **see** or **feel**
- ④ Your mammogram will be done by a **woman**
- ⑤ After you turn **71**, you **won't** automatically be invited for screening

Remember to stay breast aware between mammograms.

Screening prevents an estimated **1,300** deaths from breast cancer each year in the UK.

Causes and risk factors

What causes breast cancer?



Age

8 in 10 cases are diagnosed in women 50 and over.



Being female

Over 99% of new cases are in women.



Family history

Around **5%** of women with breast cancer carry a gene that increases their risk.

Other risk factors

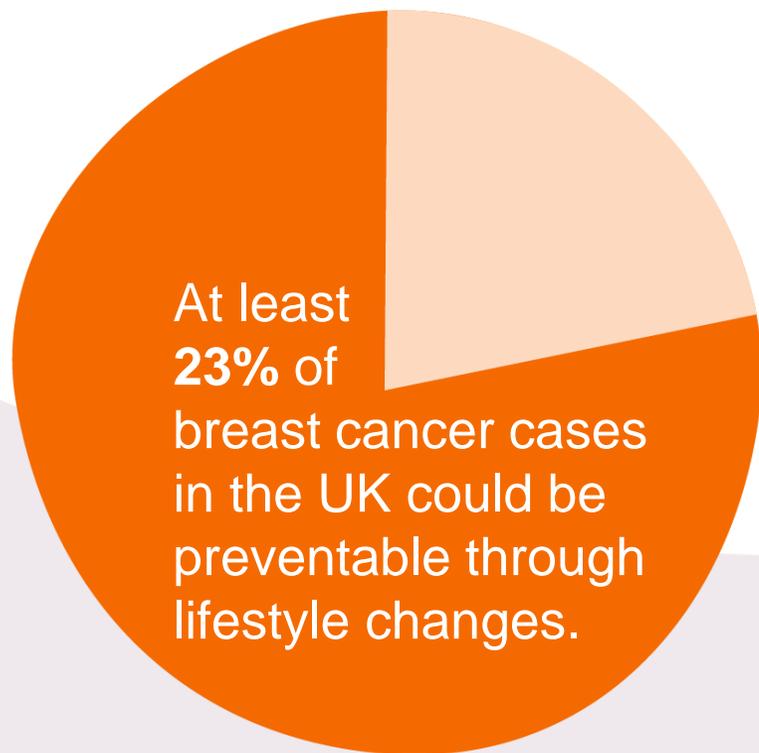
Hormone replacement therapy (HRT) increases your risk of breast cancer while you're taking it. And for a few years after you stop taking it.

The combined contraceptive pill slightly increases your risk of breast cancer. But if you stop taking it, the risk goes away within a few years.



It's important to discuss the **benefits** and **risks** of taking these medications with your GP.

Lifestyle and breast cancer risk



Staying active

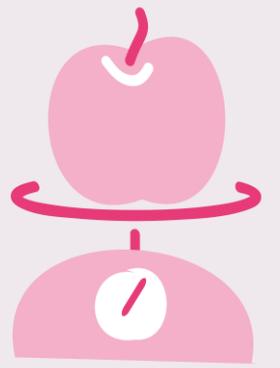


You can help to reduce your chances of developing breast cancer by being **physically active** regularly.

Regular physical activity is also good for your health **during** and **after** breast cancer treatment.

**Aim to be active
for at least 150
minutes a week**

Healthy weight



Your risk of breast cancer **increases** if you're overweight or obese after the menopause.

The **more** weight you gain in your life, the **higher** your risk of developing breast cancer after the menopause.

Keeping to a healthy weight can lower your chances of getting breast cancer.



Alcohol

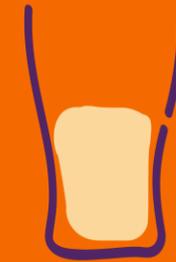
Regularly drinking alcohol could lead to a **higher risk** of developing breast cancer.

Reducing the amount of alcohol you drink can also **improve** your general health and wellbeing. And help **reduce your risk** of other cancers and diseases.

UK guidelines advise that you don't regularly drink more than 14 units of alcohol a week.



1 small glass
of wine



Half a pint
of beer

Common myths and misconceptions

Which of these increases the risk of breast cancer?



Deodorant

Underwire bras

Nipple piercing

IVF

Breast injury

Night shifts

Chemicals in the environment

Mobile phones

Abortion

Stress

Rosie Wright

My Breast Cancer Story



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Takeaways from my experience

- **Be aware of your body and any changes.**
- **Don't be afraid to get a concern checked out.**
- **Don't be fobbed off.**
- **Don't panic, you will be OK, you are in good hands.**
- **Find some control for yourself.**
- **One step at a time.**
- **Hair and nails grow back.**
- **You have choices and options about reconstruction.**
- **Give yourself time to get back to normal, don't expect it to be over when you are told that you have got the all clear.**
- **Speak to your manager, keep them in the loop.**
- **Finally, be kind to yourself, don't beat yourself up, it's not your fault that you have had this diagnosis.**

**Don't
Panic!**



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Wear it Pink Raffle & Fundraising

www.justgiving.com/GrowthCompany-WearItPink



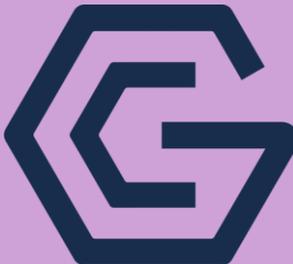
On Friday 20th October colleagues are invited to Wear it Pink to raise awareness and help fundraise for Breast Cancer Now.

We will be drawing a raffle at 12pm and prizes so far include:

- Afternoon Tea for 2 at Hotel Football
- Dinner for 2 with a bottle of wine at Sweet Mandarin
- £30 drinks voucher at Arumba
- Bottomless brunch for 2 at Revolution Oxford Road

We are continuing to source additional raffle prizes, so please help us to raise as much money as possible so that by 2050, everyone who develops breast cancer will live, and be supported to live well.

**For every
£1.00 donated
you will
receive 1 entry
to the raffle**



For more information:



breastcancernow.org



0808 800 6000



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Thank you for listening

Any questions?

Please take 5 minutes to fill in our feedback form.

