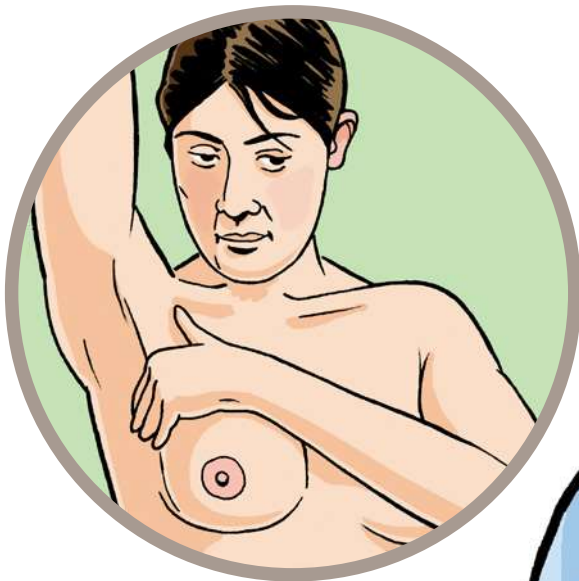


In partnership with

MACMILLAN
CANCER SUPPORT

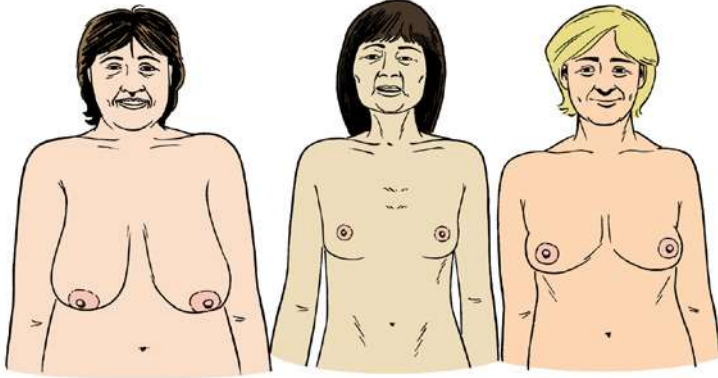
easy
read

Breast care for women

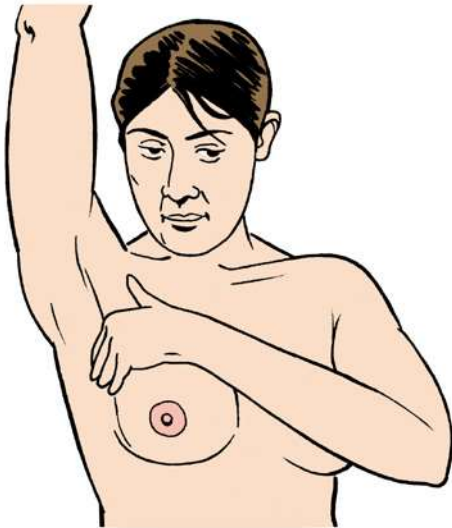




About this easy read booklet



This booklet is about breast care for women.



You can learn about checking your breasts and screenings for breast cancer.



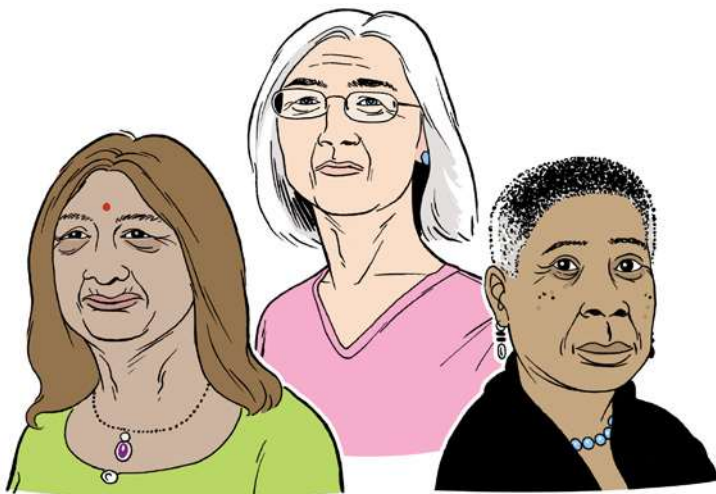
If you are worried about your health, you should talk to a doctor or nurse.



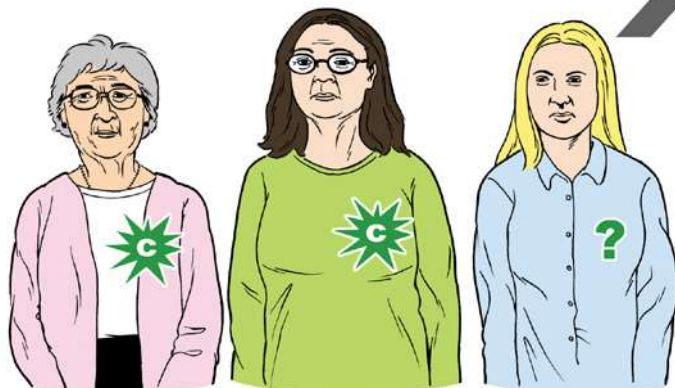
Breast care for women



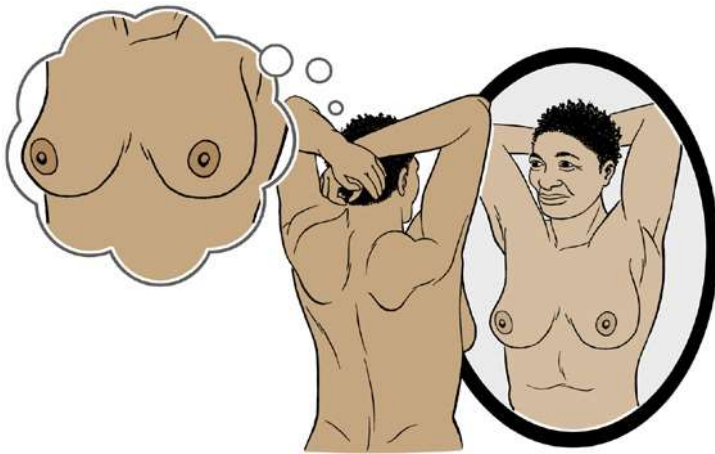
The most common cancer for women is breast cancer.



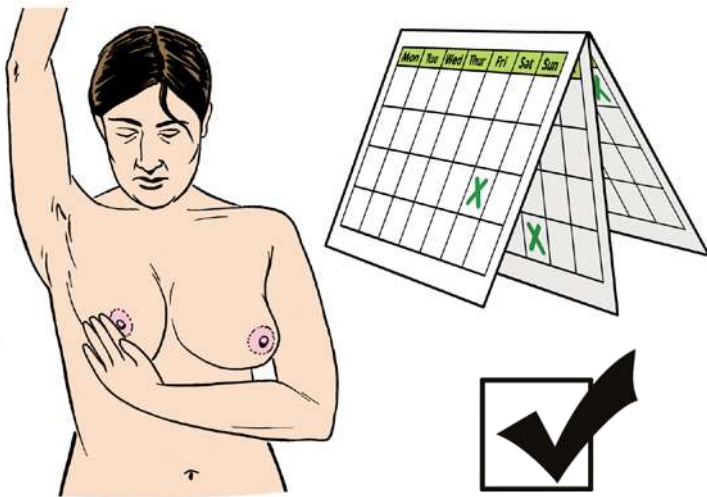
Women of any age can get breast cancer but the risk is higher when you are over 50.



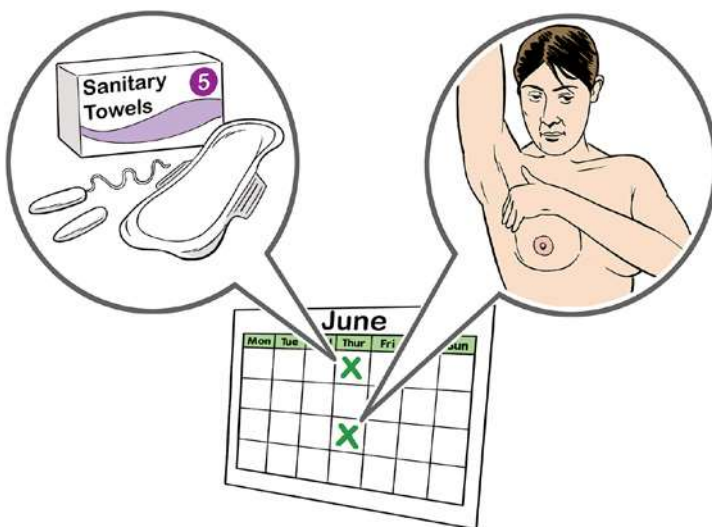
If your mother, aunt or sister has had breast cancer, you may be more likely to get it.



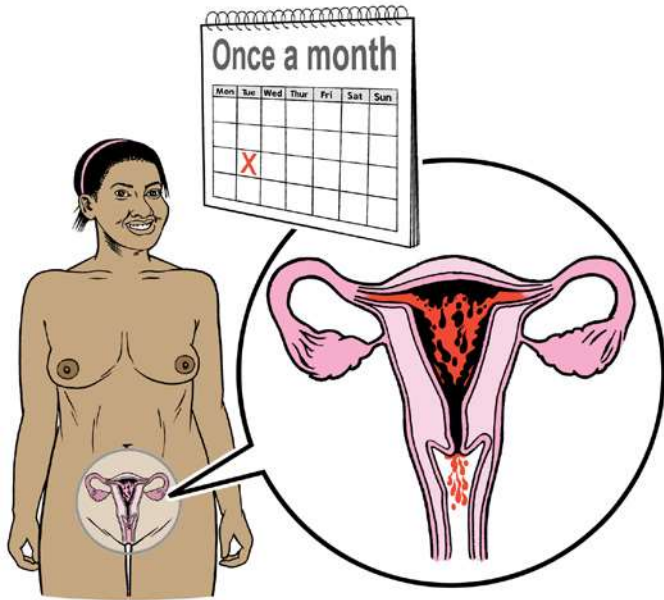
Cancer is easier to treat if you find it early. You should check your breasts for any changes.



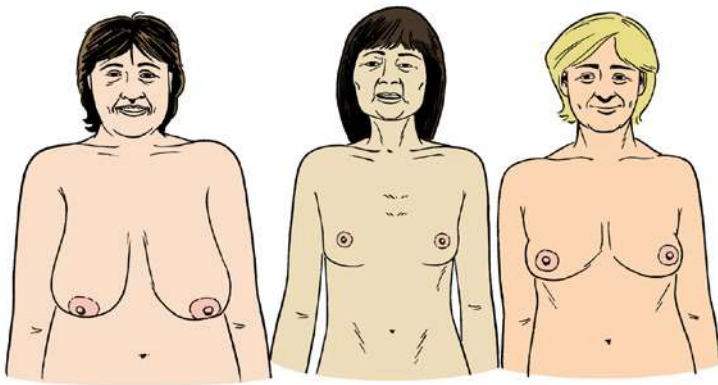
It is very important to check what your breasts feel like at different times of the month.



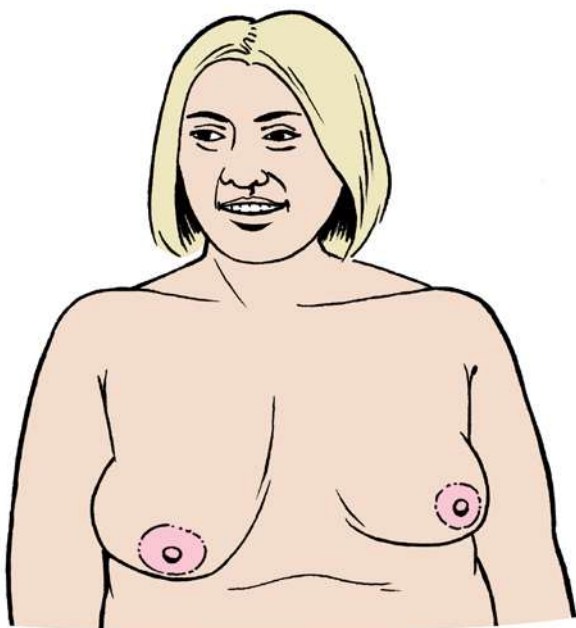
This is because **the menstrual cycle** causes changes in the breasts. It can make them bigger or more sensitive.



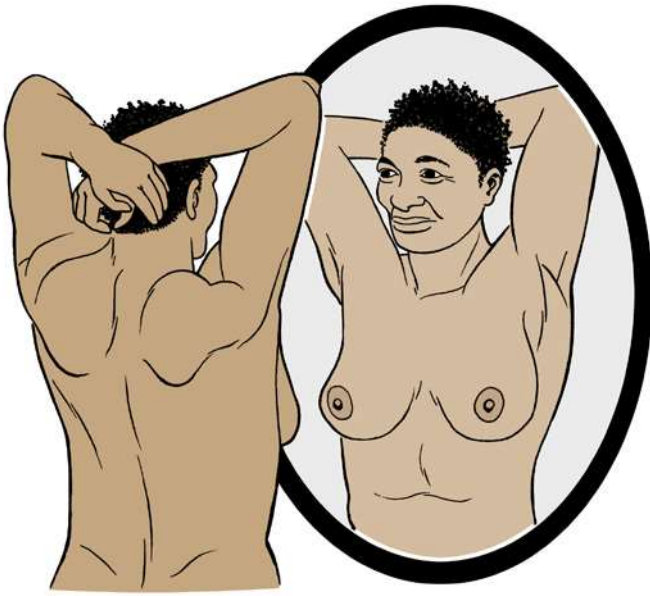
The menstrual cycle is the time from the first day of a woman's period to the day before her next period.



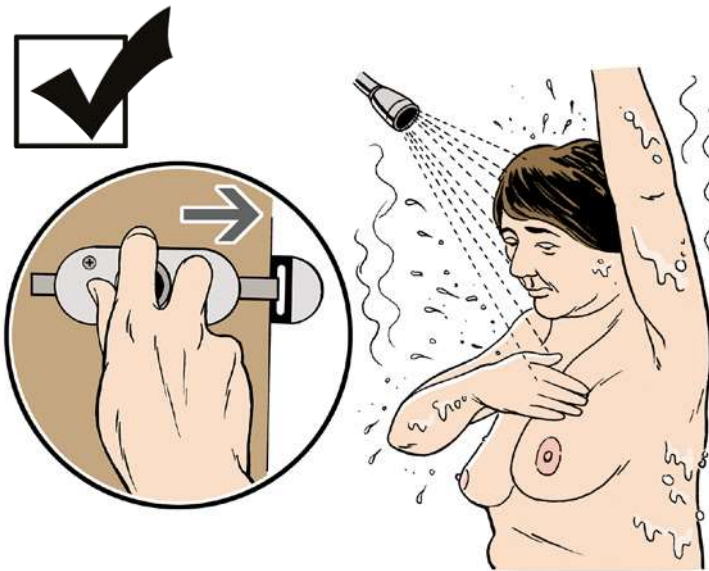
Every woman's body is different. You should know what your breasts look and feel like normally. Then you will be able to spot any changes or lumps.



Some women have one breast larger than the other. This is OK.



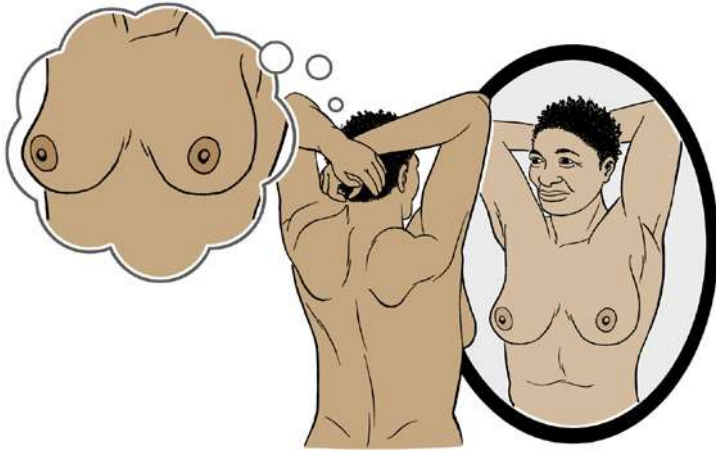
Check for any changes you can see by looking at your breasts in a mirror.



Check your breasts for changes you can feel when you are somewhere private. This could be easier in the shower or bath.



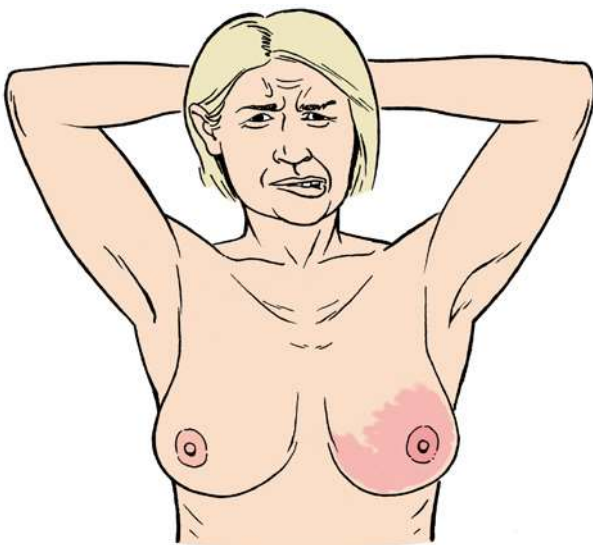
Changes to look for



Changes in the shape of your breasts or nipples.



Lumps in your breasts or underarms.



Changes to the skin on your breasts.



Any liquid coming out of
your nipples.



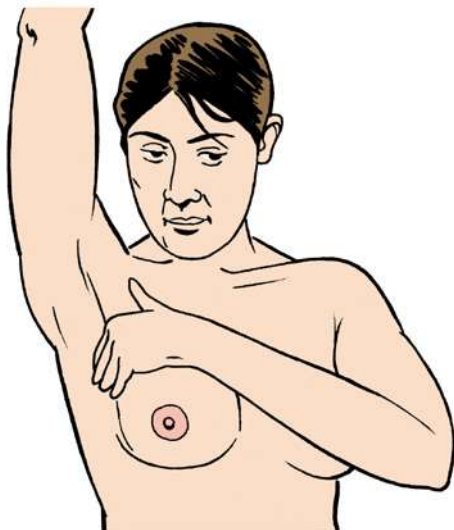
How to check your breasts



Feel all over the breast.



Then feel around the nipple area.



Then feel under your arms.



If you find any changes or lumps in your breasts or your underarms, it is very important to see your doctor as soon as you can.



You can ask to see a female doctor if you would like.



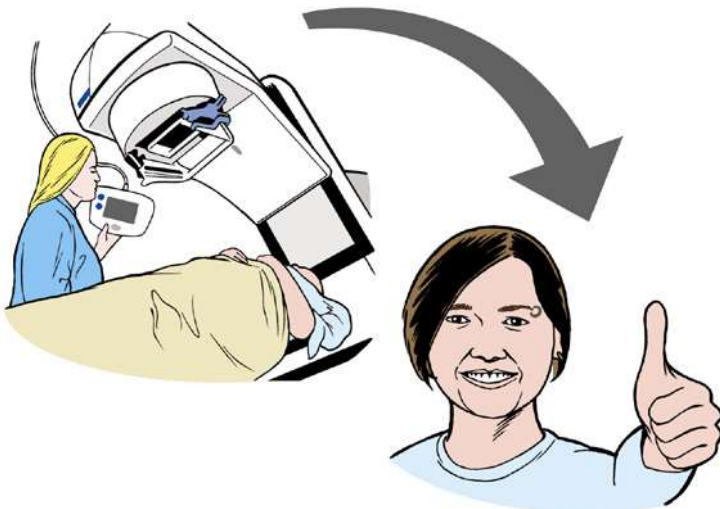
Breast screening



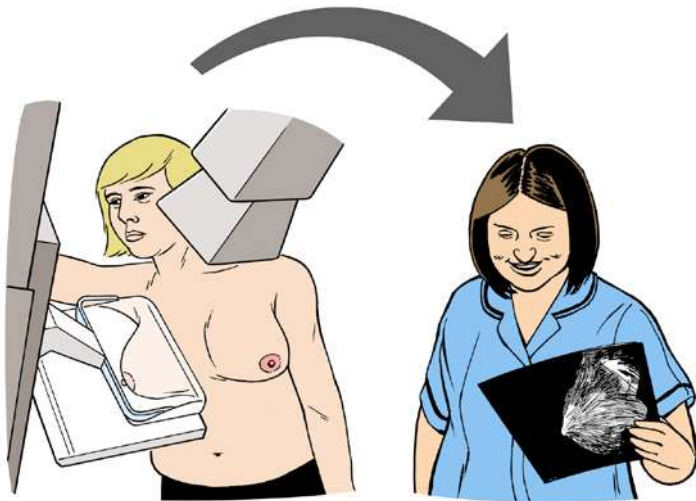
If you are aged 50 to 70 you will get a letter inviting you for breast **screening**. This will happen every 3 years. In some parts of England, women are invited from the age of 47 to 73.



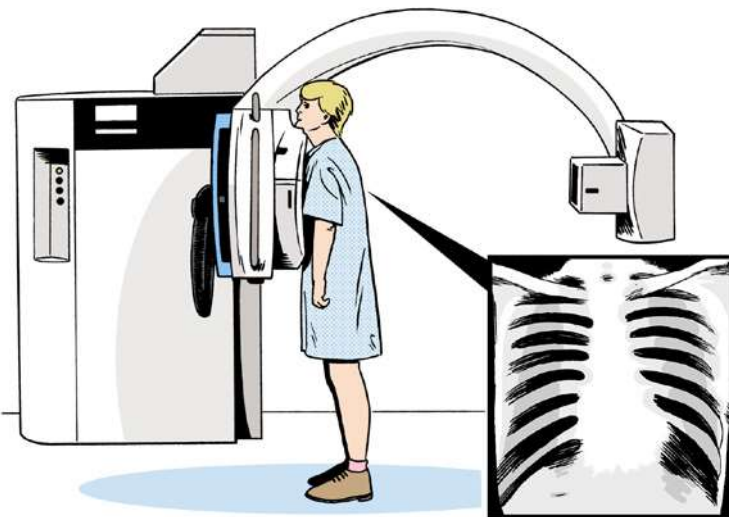
Screenings are tests that look for very early signs of cancer. You have a screening even if you feel well.



It means cancer can be treated or stopped before it causes problems.



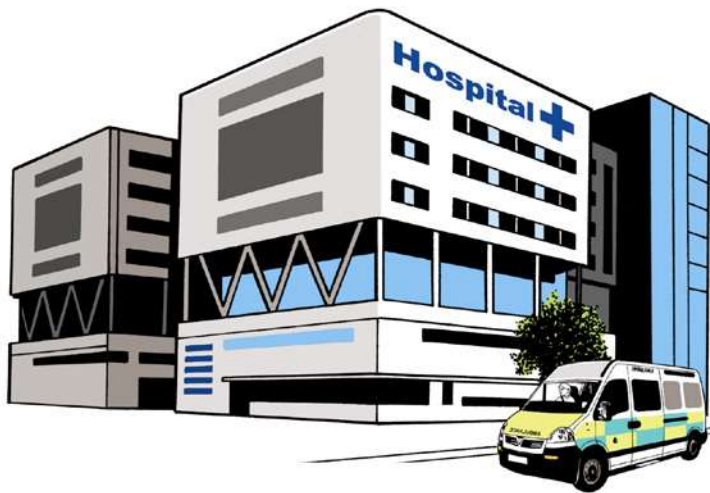
Breast screening means having two **x-rays** of each breast. These are called mammograms.



An **x-ray** is a picture of the inside of your body.



The mammograms will show if your breasts are healthy or if there are any signs of cancer.

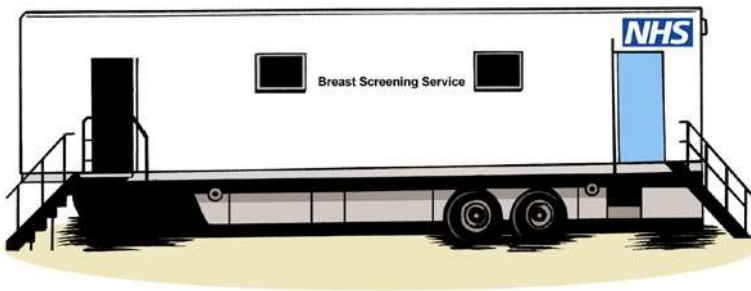


You might have a mammogram at a:

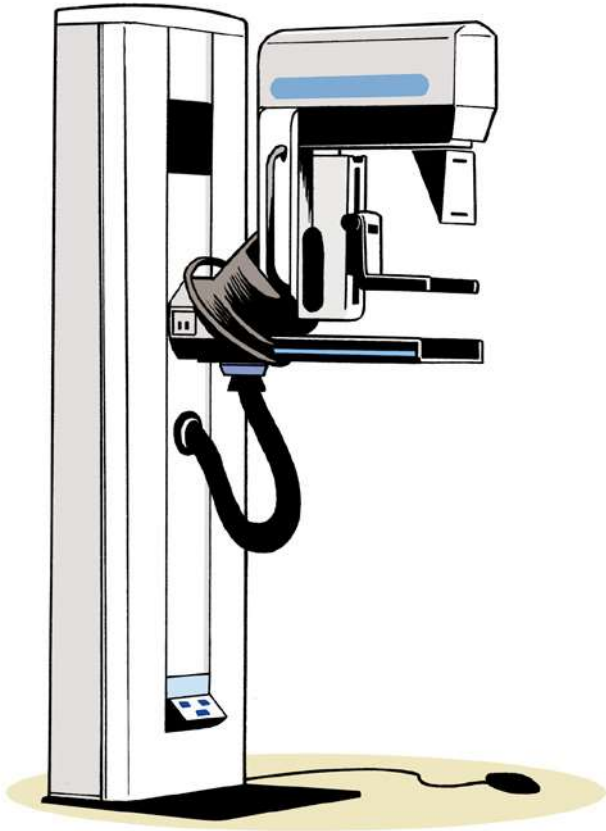
- hospital



- clinic



- mobile unit



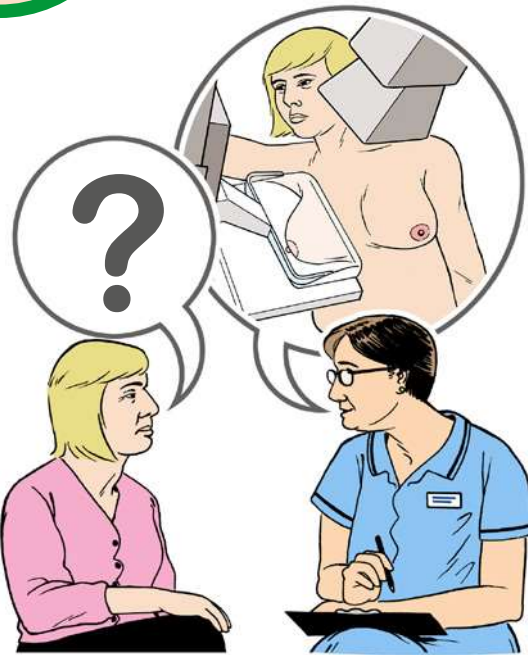
This is what a breast screening machine looks like. This takes the x-ray of your breasts.



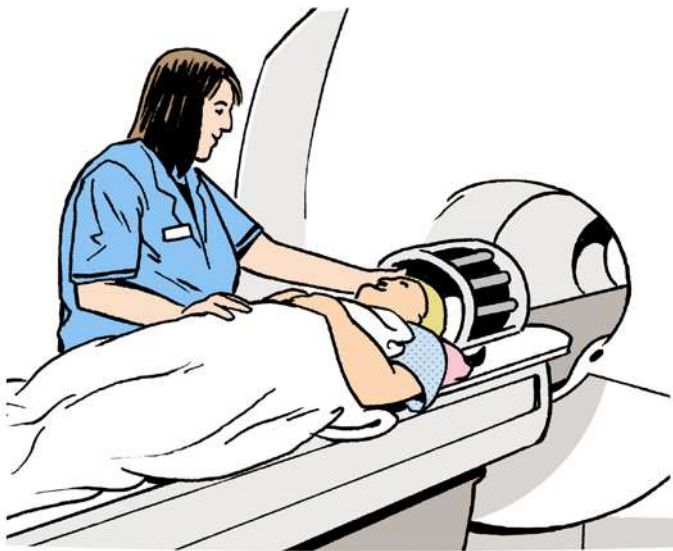
It will always be a woman doing the screening.



What happens



When you arrive at the breast screening unit, the **radiographer** will tell you what a mammogram is. You can ask them questions.



A **radiographer** is a person who takes scans and x-rays of your body.



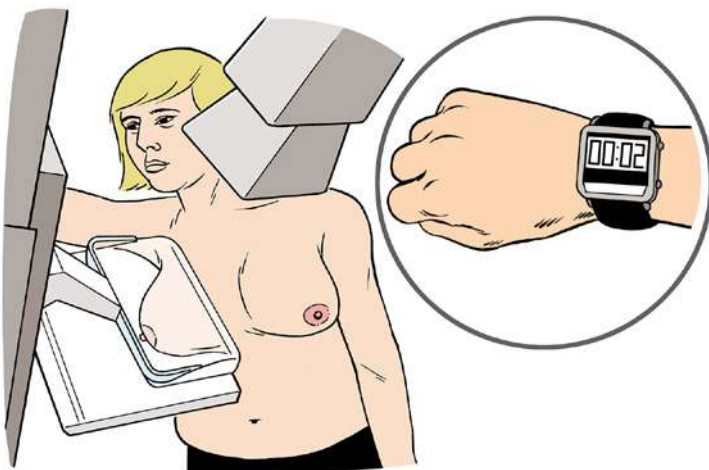
The radiographer will check your name, address and date of birth.



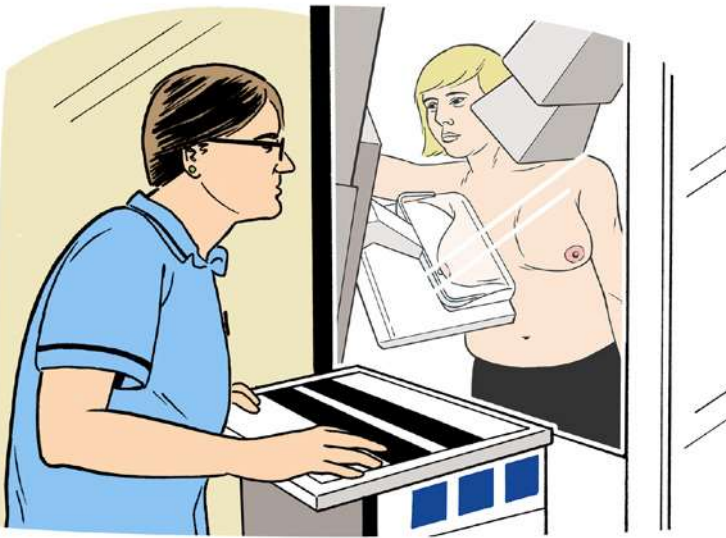
You will be asked to take your top and bra off.



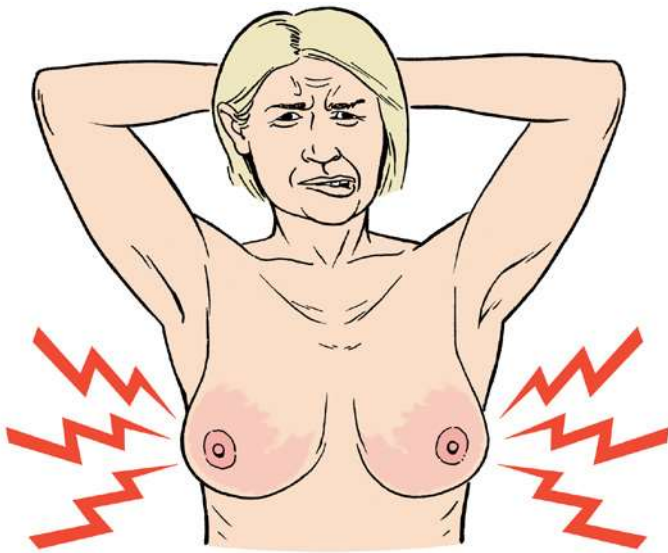
The radiographer will put your breast between two flat plates on the machine. The plates will press against your breast to take the x-rays. The radiographer will do one breast at a time.



It only takes a few minutes.



The radiographer will go behind a glass screen when the x-rays are being taken.



Some women find it painful or uncomfortable. This should not last long.



After you can ask the radiographer how you will find out your results and when this will be.



Sometimes you may be asked to come back for another mammogram because the results are not clear. This does not always mean something is wrong.



How Macmillan can help you

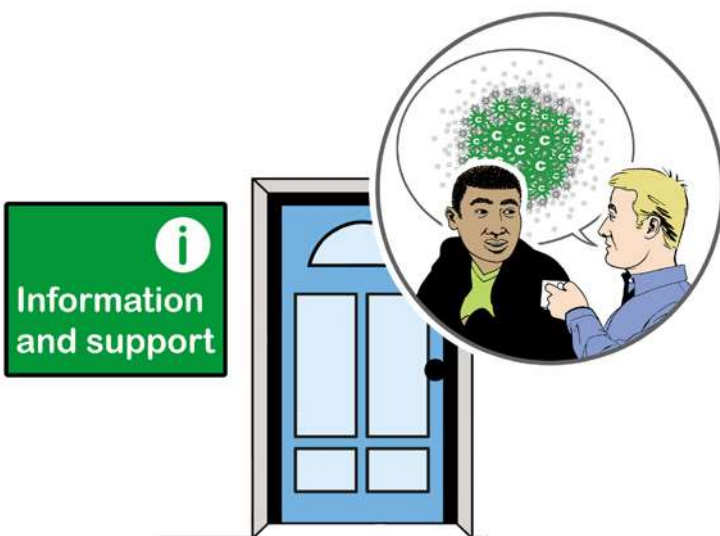


You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.



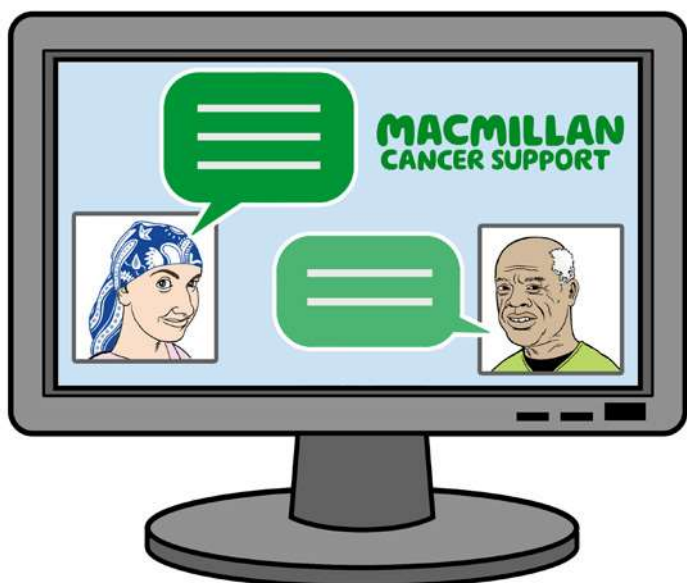
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



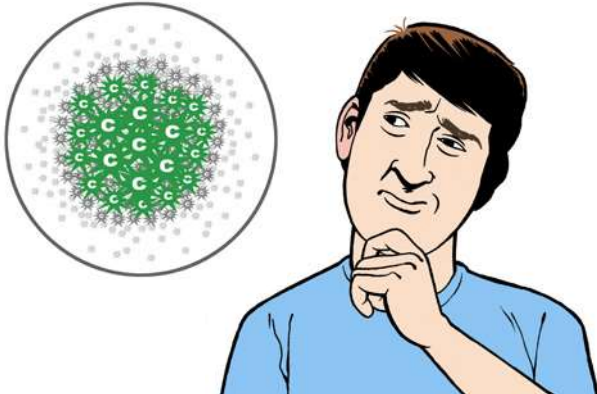
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



More easy read booklets



Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you

About Cancer

- Lung cancer
- What is cancer?

Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls (testicles)
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



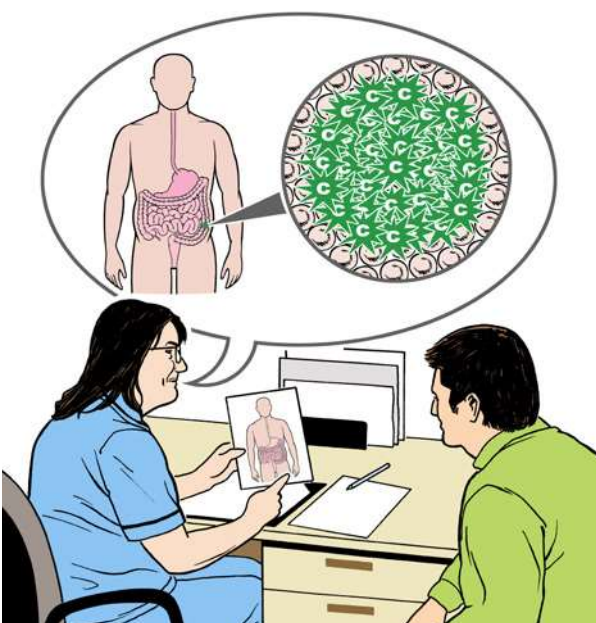
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Scans and x-rays



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

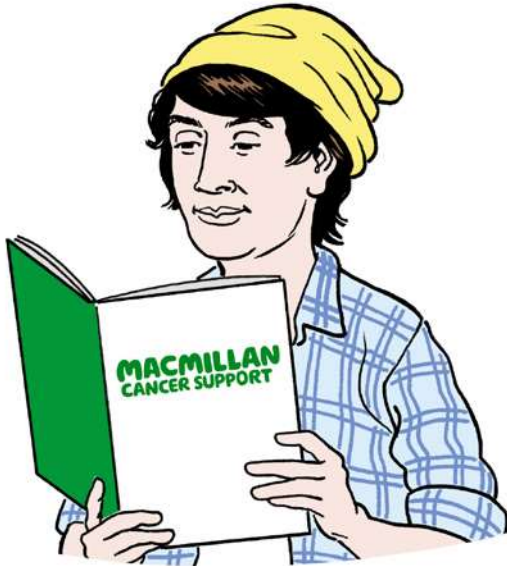


More information and resources



Macmillan website

There is lots of information about cancer at macmillan.org.uk



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



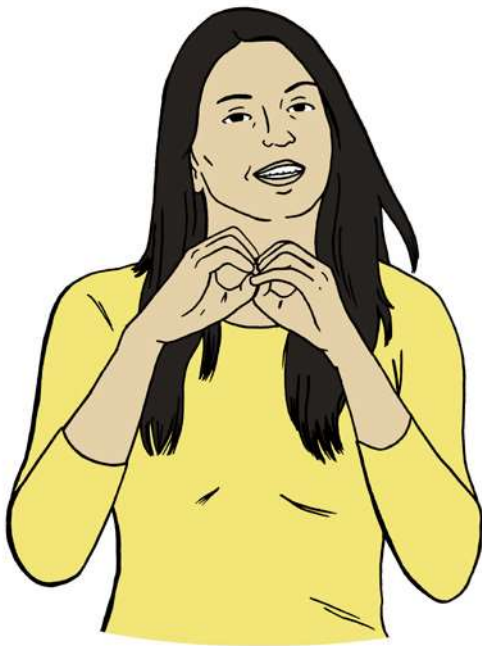
Videos

You can watch videos about cancer at macmillan.org.uk/videos



Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



eBooks

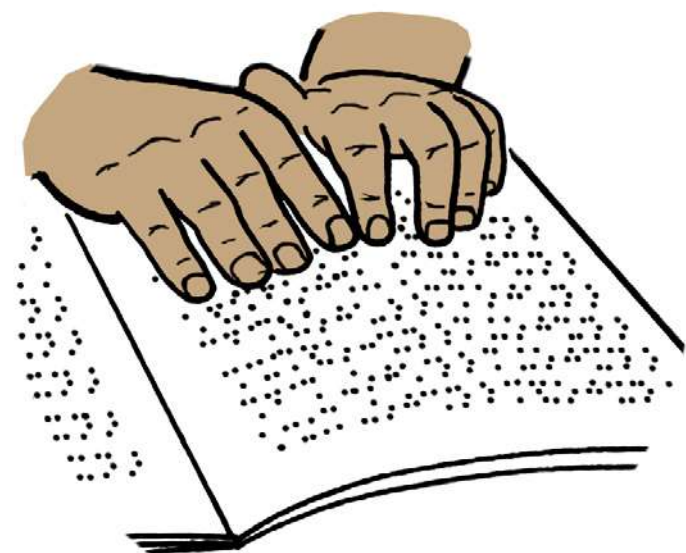
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



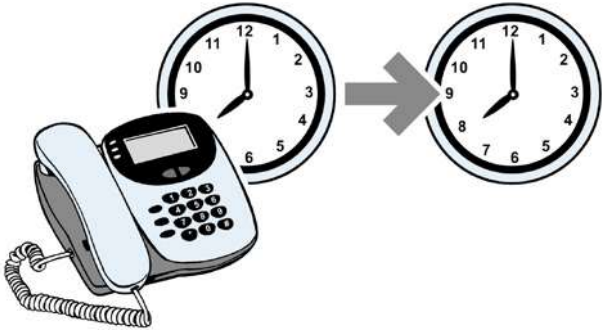
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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CANCER SUPPORT**