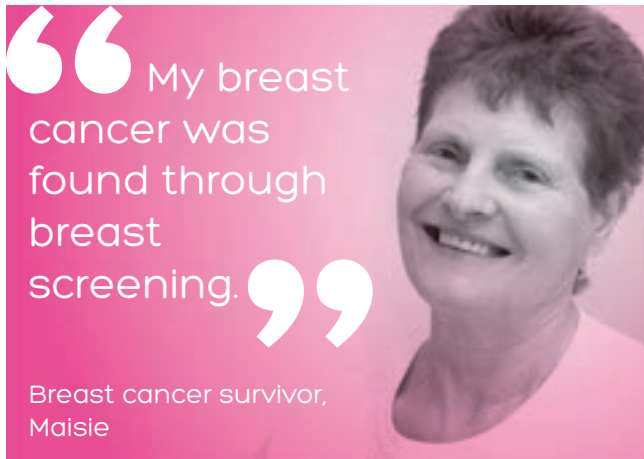


Attend breast screening

Free breast screening is available to all women over 50. You are invited to attend every three years until you are 70. If you are over 70 just call to make an appointment.

Don't be scared five minutes could be all it takes to save your life.

For an appointment call Gateshead Breast Screening Unit 0191 445 2554.



Stay healthy

Eating well, doing exercise and not drinking too much alcohol will help reduce your risk of breast cancer.



We are a small group of women who meet regularly at the Elgin Centre in Gateshead. We believe promoting breast cancer awareness is very important. Within our group we have three breast cancer survivors.

For more information contact:

Gateshead Breast Screening Unit
*Serving Gateshead, South Tyneside,
Sunderland, Durham and Chester-le-street.*
0191 445 2554

www.cancerscreening.nhs.uk

www.qegateshead.nhs.uk/breastscreening

Further support



Breast Cancer Care,
5-13 Great Suffolk Street,
London SE1 0NS

For any breast cancer or breast health concern call the Breast Cancer Care Helpline on **0808 800 6000** (Text Relay 18001) or visit www.breastcancercare.org.uk

NHS

Gateshead Health
NHS Foundation Trust

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Breast cancer
Are you aware?
Keep
a breast!

One in eight women will be diagnosed with breast cancer throughout their lifetime.

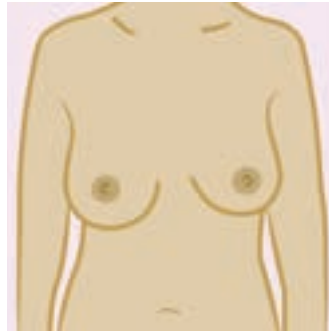
Breast awareness

Signs and symptoms

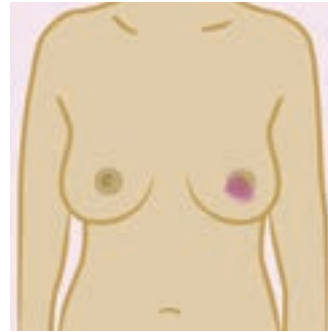
Everyone's breasts look and feel different. Changes in the breast may be harmless but speak to your GP as soon as possible if you notice anything.

Things to remember when checking are.

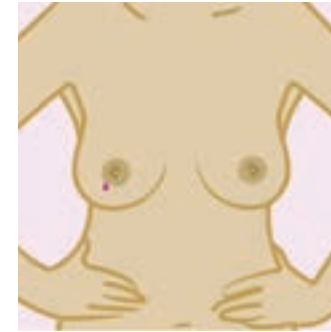
Remember to check all parts of your breast, your armpit and up to your collar bone.



A change in size or shape



Redness or a rash on the skin and/or around the nipple



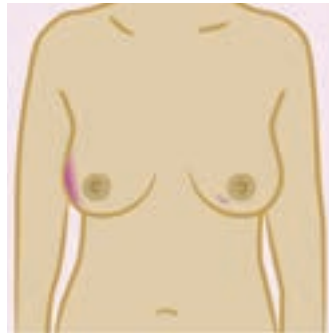
Discharge (liquid) from one or both of your nipples



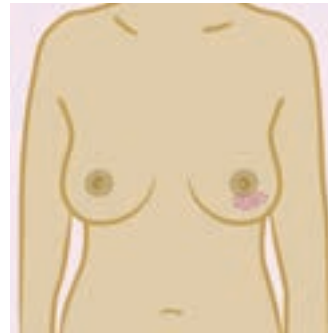
A swelling in your armpit or around your collarbone

Do you know what to look for?

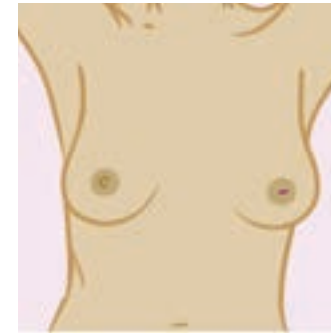
Everyone is different, you need to know what is normal for you to see if there is a change.



A lump or thickening that feels different from the rest of the breast tissue



A change in skin texture such as puckering or dimpling (like orange skin)



If your nipple becomes inverted (pulled in) or changes its position or shape



Constant pain in your breast or armpit