My Boobs and Me!
How are my boobs today?

Breast Cancer...
what does it mean to me?
What is Cancer?

Cancer is a disease

It makes our bodies change

It can cause lumps on our bodies

Cancer is the uncontrolled growth of abnormal cells. It can cause lumps on our bodies.
What is Breast Cancer?

Breast Cancer is a disease when lumps may grow on your breasts

- Shape changes
- Size changes
- Rash
- Leaking
- Swelling under arm
What are the risks?

Talk with your family, staff or guardian to find out if any of your family has had breast cancer.

Talk to your doctor about your family history of breast cancer.
You are more at risk if...

- You smoke
- You drink too much alcohol
- You eat too much junk food
- You do not have children
What can I do to protect myself from breast cancer?

Be familiar with your breasts

Do a breast examination every month

Talk to someone if you notice any changes in your breasts

Wear a good fitting bra which supports your breasts
You are less at risk if...

- You eat healthily
- You exercise regularly
- You attend for doctor and nurses appointments regularly
Looking after your breasts

This is how you should examine your breasts every month

Look in the mirror and look at your breasts

Now lift your arms and look again at your breasts in the mirror
Looking after your breasts

Now take 3 fingers of one hand and feel all around your breast in a circular motion.

Then feel under your arm.

Then feel around and behind your nipple.
Breast Screening

If you are 50 years old or older you will be invited for Breast Screening.

You will get a letter telling you where to go and the date and time of your appointment.

Breast Screening is when a nurse takes a photo like an x-ray of your breasts.
This is called a mammogram

A doctor will look at the photo to check for changes in your breast

The doctor will send you the results of your mammogram photo
What is a mammogram?

Where does it happen?

In the hospital

In the clinic

In the Action Cancer Bus
What is a mammogram?

Who will help you?

The Nurse

What will happen?

The machine
What is a mammogram?

1. Take bra off
2. Do not wear sprays or powders
3. Place breast between two panels
4. The x-ray picture
Who can help you?

People who can help you if you find a lump and are worried:

Your doctor

Your nurse

Your social worker

Your keyworker

Family/Friends
Other people who can help...

Cancer Research Uk
www.cancerresearchuk.org

National Breast Cancer Foundation
www.nationalbreastcancer.org

Breast Cancer UK
www.breastcanceruk.org

Breast Cancer Care
www.breastcancercare.org

Breakthrough
www.breakthrough.org.uk

Breast Cancer Campaign
www.breastcancercampaign.org

Macmillan Cancer Support
www.macmillan.org.uk

No More Breast Cancer Campaign
www.nomorebreastcancer.org.uk

Cancer Help UK
www.cancerhelp.org.uk

Action Cancer
www.actioncancer.org.uk

Ulster Cancer Foundation
www.ulstercancer.org
Who do you know who can help you?

There are many people who can help you if you are worried about your breasts or breast cancer. Write down the names of people you know who could help you in the spaces below:

Family: ................................................................................

Friends: ................................................................................

Doctor: ................................................................................

Nurse: ................................................................................

Keyworker: ........................................................................

Day Opportunities Co-ordinator: .................................

Advocate: ........................................................................

Social Worker: ........................................................................

Other: ................................................................................

............................................................................................
Try and think of 3 things you could do this month to help you care for your breasts

1.

2.

3.
This booklet has been designed to promote breast health in women with learning disabilities.

We would like to thank all of the women, professionals and frontline staff who helped in the making of this guide.