

# Breast Cancer Awareness Month



## What is Breast Cancer Awareness Month and Why is it Important?

Breast Cancer Awareness Month is an annual campaign held in October, that aims to raise awareness of the impact of breast cancer and show support for everyone who is/has been affected by it. The month is a time to rally around everyone at every stage, whether us are just learning about breast health, have recently been diagnosed and are undergoing treatment, or have many years of survivorship behind.

## Wear It Pink!

Breast Cancer Now's 'Wear it Pink' day is one of the biggest fundraising events. On the 21st October, thousands of people wear it pink in the communities, schools or workplaces for the opportunity to wear it pink, and raise awareness about breast cancer

## Signs & Symptoms of Breast Cancer

**See a medical professional if you notice a change to your breast that's new or unusual to you.**

Some of the common signs and symptoms include:

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

- A **change to the skin**, such as puckering or dimpling
- A **change in the color** of the breast - the breast may look red or inflamed
- A **nipple change**, for example it has become pulled in (inverted)
- **Rash or crusting** around the nipple
- **Unusual liquid** (discharge) from either nipple
- **Changes in size or shape** of the breast
- On its own, pain in your breasts is usually not a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all of the time

## Signs & Symptoms of Breast Cancer - Men

Although rare, **men can get breast cancer**. The most common symptom of breast cancer in men is a lump in the chest area.

See your GP or a medical professional if you notice a change - most breast changes including lumps, are not cancer. But the sooner breast cancer is found, the more likely treatment is likely to be.

## How to Check Your Breasts

There's no special way to check your breasts and you do not need any training. Make sure to check your whole breast area, including up to your collarbone and armpits

### Checking your breasts is as easy as TLC

- T** Touch your breasts - can you feel anything new or unusual?
- L** Look for changes - does anything look different to you?
- C** Check any new or unusual changes with a GP or medical provider

Everyone will have their own way of touching and looking for changes, but it's good to get used to checking regularly and being aware of anything that's new or different for you

