

Breast Cancer Awareness

Module 3

Aims

- ▶ Increase awareness of what breast cancer is.
- ▶ Understand how it is diagnosed and treated.
- ▶ Learn about the possible signs and the screening services that are available.
- ▶ Learn about screening uptake in Leeds and how we can encourage more people to attend.

The four most common cancers in the UK

Prostate

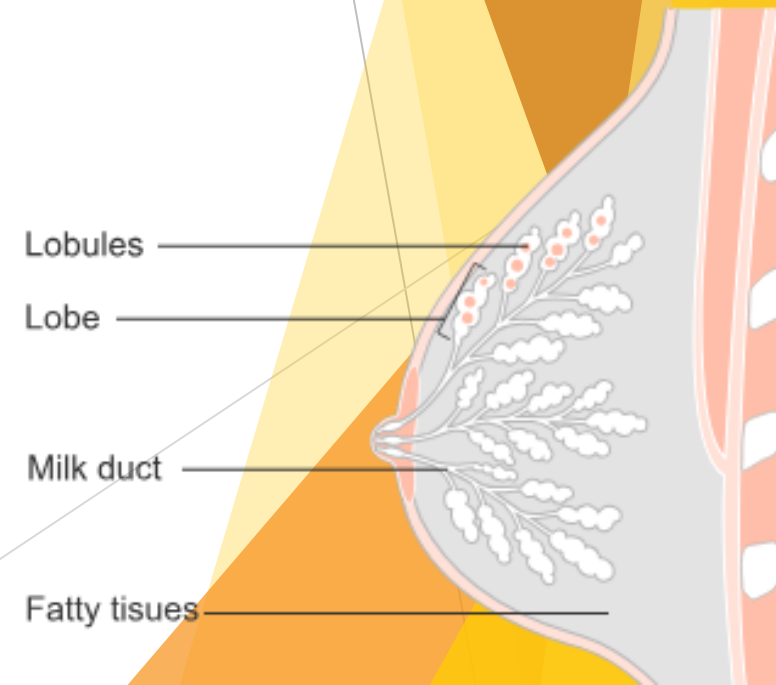
Breast

Lung

Bowel

What is Breast Cancer?

- ▶ Breast cancer is when abnormal cells in the breast begin to grow and divide in an uncontrolled way and eventually form a growth (tumour).
- ▶ Breast cancer most commonly starts in the cells that line the milk ducts of the breast.
- ▶ It mainly affects women, but men can get it.
- ▶ Breast cancer risk can be affected by age, family history and lifestyle factors. This includes obesity and smoking.
- ▶ round 56,800 people are diagnosed with breast cancer every year in the UK.





How is it Diagnosed?

- ▶ You usually start by seeing your GP if you have breast symptoms. Your GP will examine you and might refer you for tests to a specialist breast clinic.
- ▶ You may have had changes picked up through breast screening.
- ▶ The UK national breast screening programme uses breast x-rays (mammograms) to find breast cancer early before it causes symptoms.
- ▶ Finding breast cancer early means that you have the best chance of being successfully treated.
- ▶ If you have any breast or chest changes or are worried that you might have cancer you should go to your GP.

How is it Treated?

Treatment for breast cancer depends on several factors:

- ▶ Where your cancer is.
- ▶ How big it is.
- ▶ Whether the cancer cells have certain proteins (receptors).
- ▶ General health.

A team of doctors and other professionals decide on the best treatment and care for you.

Surgery is often the first treatment for breast cancer. Other treatments include:

- ▶ Radiotherapy.
- ▶ Hormone therapy.
- ▶ Chemotherapy.
- ▶ Targeted drugs.

Screening Rates

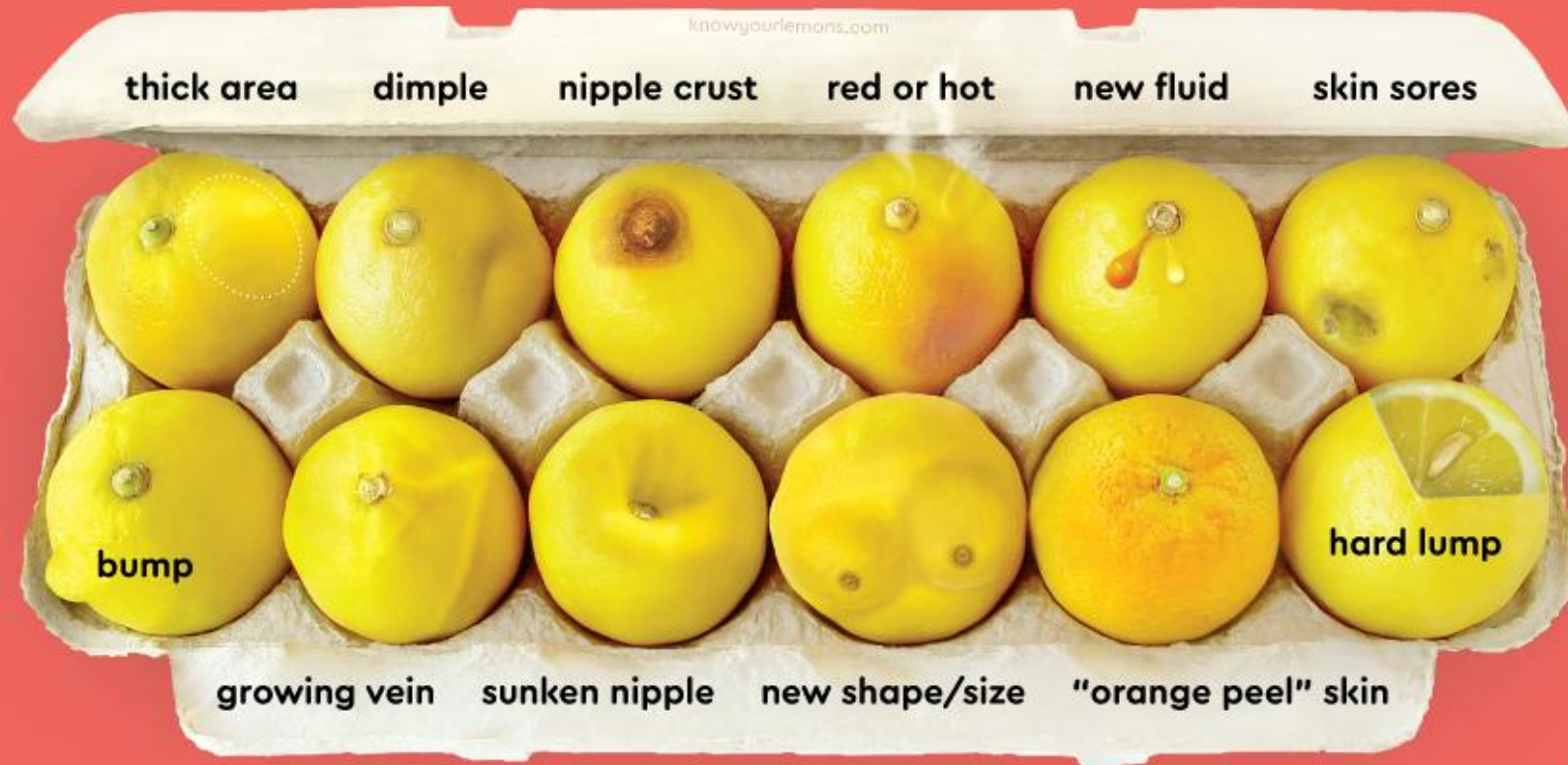
Breast Coverage 24/25	Apr 24	May 24	Jun 24	Jul 24	Aug 24	Sep 24	Oct 24
Standard Age Range (50-70) Performance	62.4%	62.5%	62.5%	62.5%	62.7%	62.8%	62.7%

National target is 70%

PCN's in deprived areas have lowest uptake e.g. Burnatofts, Richmond Hill and Harehills (BHR), Beeston & Middleton and Hunslet.

Long wait time to receive data.

What breast cancer can look + feel like:



Notice something? Some changes are normal.
But if the change doesn't go away, be smart and show your doctor.



Self-checking



<https://vimeo.com/298985447>

National Screening Programme

- ▶ Mammogram X-ray
- ▶ Takes images of each breast, 1 at a time. Images taken of front and side of each breast.
- ▶ Women first invited aged 50 until 71. Please note, you may not receive your invite until up to your 53rd birthday.
- ▶ Every three years.
- ▶ Those who are over screening age can request an appointment.



Leeds and Wakefield Breast Screening 0113 733 4974.

Breast Screening Top Tips

- ▶ You will need to take off your clothes from the waist up. If you wear a dress be mindful that it may have to come off or drop to the waist.
- ▶ The whole appointment should take about 30 minutes.
- ▶ You can talk to the mammographer, who is trained to help you feel more comfortable and give you support.
- ▶ You can ask to stop at any time.
- ▶ Your mammographer will be female.
- ▶ Avoid talcum powder or spray deodorant on the day as this may affect the mammogram.
- ▶ Remove necklaces and nipple piercings before.
- ▶ If you're trans or non-binary you may be invited automatically, or you may need to talk to your GP surgery to ensure you receive a screening letter.



3 Key Steps to Giving Brief Advice

- ▶ **Raise the issue** during day to day contact with a person.
- ▶ **Give tips and messages** about wellbeing and cancer. Dispel myths.
- ▶ **Signpost** people who want to know more (or who need more in-depth support) to local agencies which can help.



Further Information

Be sure to get information on cancer or screening from reputable sites:

- ▶ Cancer Research UK.
- ▶ Breast Cancer Now.
- ▶ NHS.
- ▶ Coppafeel.
- ▶ LeedsHealth.co.uk.
- ▶ Macmillan.