

Breast cancer awareness gives women power

Black women are more likely to be diagnosed with breast cancer at a later stage than many other women. Let's change that by talking about it. We want to encourage Black women to get together with others who have had similar experiences so that we can all learn from each other.

This is Dee, who was diagnosed with breast cancer in 2019. She was supported by Macmillan.

"In the Black community, there is a big taboo when it comes to speaking about illness."

SCAN HERE



Information you can trust from people who understand

The Macmillan Support Line is a free confidential phone line open 8am to 8pm, 7 days a week. You're very welcome to call us on **0808 808 00 00**. We can help with medical questions, finding support in your area, or financial guidance. We can also be there to listen if you need someone to talk to.

Our website also has lots of useful information. Visit: **[macmillan.org.uk](https://www.macmillan.org.uk)**

Talk to us about:

- **questions about cancer**
- **money and work**
- **supporting someone with cancer.**

Macmillan Information and Support Centres

Speak with someone face-to-face at our centres in hospitals, libraries and community spaces.

Visit the Macmillan website or call the Macmillan Support Line to find your local services.

Coping with hair loss

A lot of women worry that they may lose all, or some, of their hair during cancer treatment. If this happens, you might want a wig that suits your look and preferred hairstyle. This can be challenging for Black women so we have put together a list of some organisations that can help.

- **Wigs for cancer treatment | Macmillan Cancer Support**
- **Afro Hair Guidance Cancer Hair Loss - Cancer Hair Care**
- **Cancer Hair Care - the UK's leading hair loss support charity**
- **support@cancerhaircare.com 01438 311 322**
- **REVAMP - A UK-based wig revamp, repair, and maintenance service**
- **Truefaithhb - Specialising in premium (pre-plucked, pre-bleached, pre-cut) ready-to-wear wigs and hair extensions**

Please note that some of these organisations may charge for their services.



Don't be afraid to step forward

Going to cancer screenings and reporting any changes you feel, or notice, to your GP is so important. So feel good and make sure. Early diagnosis can help.

To find out more visit:

www.macmillan.org.uk/cancer-information-and-support/breast-cancer

www.nhs.uk/conditions/breast-screening-mammogram

**MACMILLAN
CANCER SUPPORT**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).
Also operating in Northern Ireland. MAC20231_BCLeaflet

