

WE ARE
MACMILLAN.
CANCER SUPPORT

'I FOUND THE
LUMP IN MY BREAST
WHEN I WAS IN THE BATH.
I KNEW I NEEDED TO HAVE IT
CHECKED OUT.'

Wendy



Breast cancer is the most common cancer in women in the UK. It is more common in women over 50, and 1 in 3 breast cancers develops in women over 70. Men can also get breast cancer, but this is rare.

Knowing what changes to look for and when to see your doctor could make a real difference. Don't be scared if you have symptoms – get them checked.

See your doctor if you have any of these symptoms:

- A lump or thickening in your breast or armpit.
- A change in the size or shape of your breast.
- A change to your nipple, such as a rash, discharge or the nipple turning in.
- A change to the skin on your breast, such as puckering or dimpling.
- Constant discomfort or pain in your breast.

Most breast changes are not caused by cancer. But if you notice anything that isn't normal for you, see your doctor.

Get to know how your breasts look and feel. If there are changes, this will help you spot them early.

You are not wasting your doctor's time by getting your symptoms checked.

The earlier breast cancer is found, the more likely it is to be successfully treated.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**