

# My Boobs and Me!

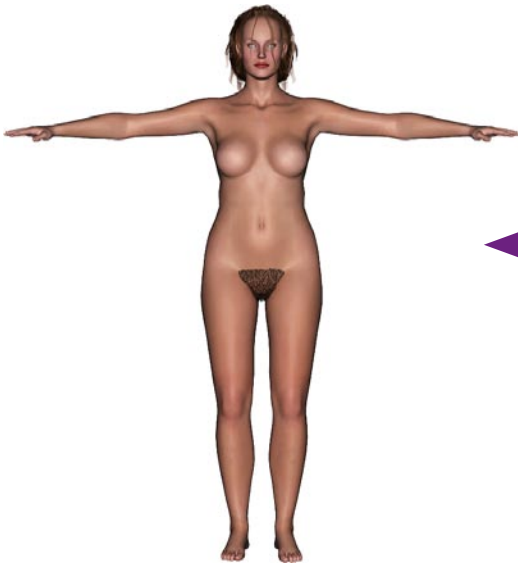
## How are my boobs today?



**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 →

# 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 →

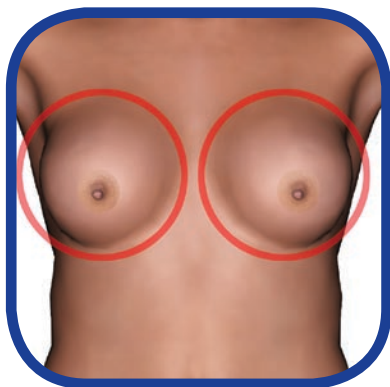


← You do not have children

# 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**





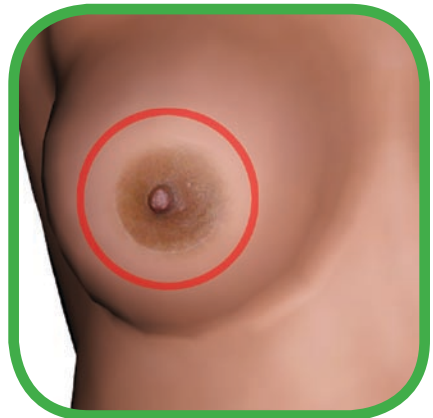
# Looking after your breasts

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 xray of your breasts

# Breast Screening

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?



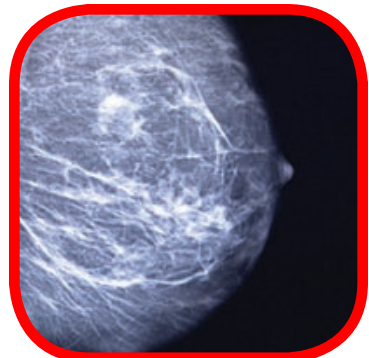
← Take bra off

Place breast  
between two  
panels →



← Do not wear  
sprays or powders

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](http://www.cancerresearchuk.org)

**National Breast Cancer Foundation**  
[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

**Breast Cancer UK**  
[www.breastcanceruk.org](http://www.breastcanceruk.org)

**Breast Cancer Care**  
[www.breastcancercare.org](http://www.breastcancercare.org)

**Breakthrough**  
[www.breakthrough.org.uk](http://www.breakthrough.org.uk)

**Breast Cancer Campaign**  
[www.breastcancercampaign.org](http://www.breastcancercampaign.org)

**Macmillan Cancer Support**  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

**No More Breast Cancer Campaign**  
[www.nomorebreastcancer.org.uk](http://www.nomorebreastcancer.org.uk)

**Cancer Help UK**  
[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

**Action Cancer**  
[www.actioncancer.org.uk](http://www.actioncancer.org.uk)

**Ulster Cancer Foundation**  
[www.ulstercancer.org](http://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.**



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