

# Looking after my breasts



## Why is it important?

Checking your breasts can help find early signs of cancer.

## What I can do

- First get to know how your breasts feel.
- Once a month in a warm bath or shower, check your breasts by looking at them and feeling them.
- Always do this in a private place, like in the bathroom.

## What should I do if I notice any changes?

- See your doctor. You can ask to see a lady doctor if you would prefer.
- If you want you can take a friend or care worker with you.

## Breast screening

- Your doctor may suggest you go for breast screening. This may be in a hospital or clinic. Just tell your doctor if you would prefer to see a lady nurse when you get there.
- At your breast screening appointment you will be asked to take off your top and bra.
- A specialist nurse will then x-ray your breasts. They will tell you when you will get your results.
- If you are over 50 you should go for breast screening every three years. Your doctor will be able to tell you about this.



My next breast screening appointment is