



Ibiza & Formentera Against Cancer (IFCC)

**taking care**

**of**

**YOUR**

**breasts**

**Whatever your age,**

**size or shape,**

**it's important**

**to take care**

**of your breasts**

Breast cancer is the most common cancer in women across Europe, so get to know how your breasts look and feel so you know what is normal for you. You will then be more confident about noticing any unusual changes. If you notice a change, even if you feel well, it's important to visit your Family Doctor.

Some people think that they will experience other symptoms apart from a breast change, such as feeling tired, having less energy or losing weight, but this isn't the case.

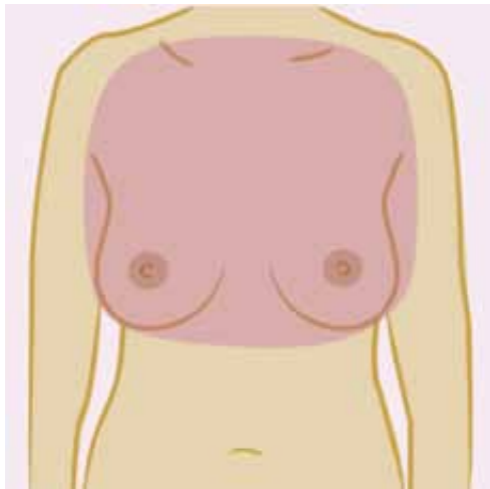
Most breast changes aren't because of breast cancer, but the sooner breast cancer is diagnosed, the more effective treatment may be.

Although it is rare, men can get breast cancer so they also need to be aware of any changes in their chest area.

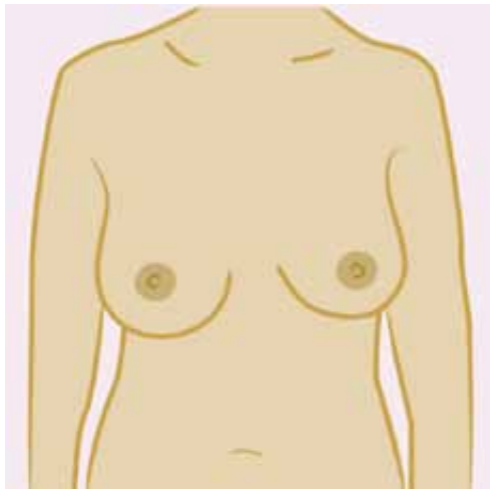
# How do I check my breasts?

Try to get used to looking at and feeling your breasts regularly – for instance, when you are in the bath or shower, using body lotion or getting dressed.

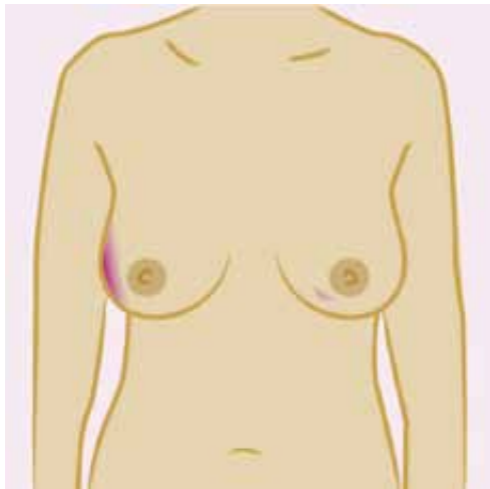
You don't need to feel your breasts in any special way. If you check them as part of your usual routine you won't need to worry that you aren't doing it often enough. Decide what you are comfortable with and what suits you best.



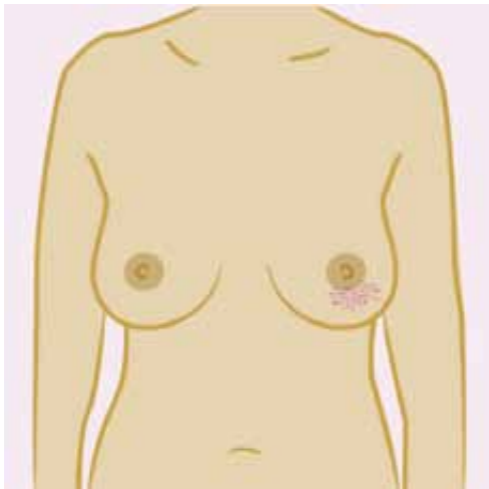
**Check** all parts of your breasts, your armpits and up to your collarbone for **changes**. The next pages show what these could be.



A change in **size** or **shape**,

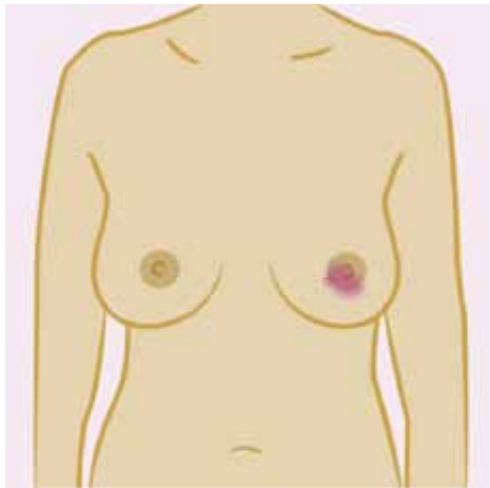


A **lump** or **area** that feels thicker than the rest of the breast

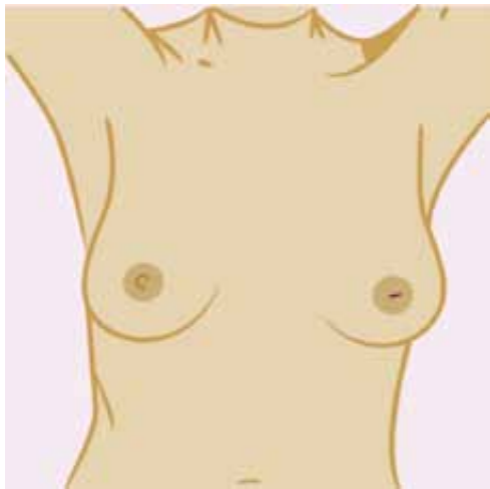


A change in skin texture such as **puckering** or **dimpling** (like the skin of an orange)

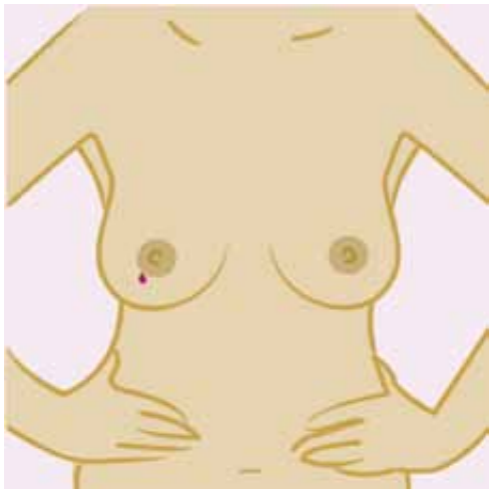




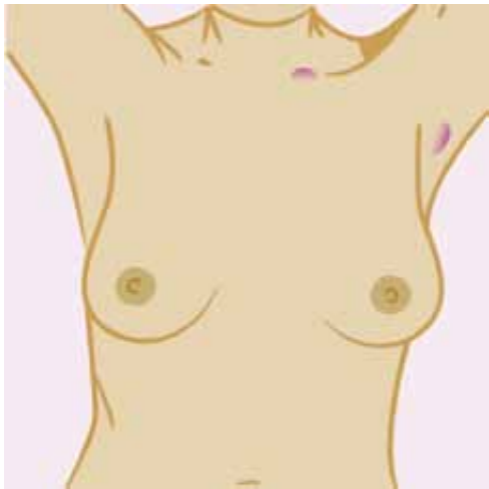
**Redness** or a **rash** on the skin and/or around the nipple



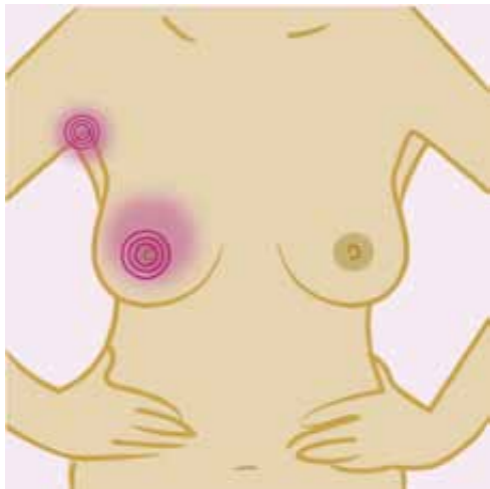
Your nipple has become pulled in or looks different, for example a change in its **position** or **shape**



**Liquid** that comes from the nipple without squeezing



A **swelling** in your armpit  
or around your collarbone



**Pain** in your breast or your armpit that's there all or almost all the time

# **The** **Breast Cancer Care** **checklist**

- **Look at and feel your breasts so you know what's normal for you.**
- **Do this regularly to check for changes.**
- **Tell your doctor as soon as possible if you notice a change.**
- **Go for breast screening when invited**

**IFCC doesn't just support breast cancer. We also support patients affected by any type of cancer as well as highlighting the importance of early detection and screening programs.**

**If you have a question about breast health or breast cancer contact your Family Doctor.**

**If you are a resident in Ibiza or Formentera requiring cancer related assistance or wish to join the Association contact IFCC on our help line;**

**666 991 336 Monday, Wednesday and Friday from 10 a.m. to 12 noon**

**Or send us an e mail [ifcc@ibizacancer.com](mailto:ifcc@ibizacancer.com)**

**Visit our Web page [www.ibizacancer.com](http://www.ibizacancer.com)**

**Or follow us on Face book.**

**[www.facebook.com/IFCCancer](http://www.facebook.com/IFCCancer)**

**IFCC is a registered charity represented by a local executive committee and voluntary helpers working totally free for the Association.**

**ALL FUNDS raised are for help and treatment for cancer patients and their families in Ibiza and Formentera.**

**IFCC IS A REGISTERED CHARITY IN SPAIN  
NO G57089013**

**The contents of this booklet has been reproduced from Breast Cancer Care UK literature 2016**