

Whatever your age, size
it's important
of your

Breast cancer is the most common cancer in women in Spain, so it's important to look after your breasts by being breast aware. This means getting to know how your breasts look and feel so you know what is normal for you. You can then feel more confident about noticing any unusual changes.

Most changes won't turn out to be breast cancer, but if they are, the sooner this is diagnosed the more effective treatment may be.

IFCC doesn't just support people affected by breast cancer. We support people and their families affected by any type of cancer as well as promoting awareness and other screening programs.

If you are concerned about breast cancer or want to know more about breast cancer, contact your doctor.

If you are a resident of the islands requiring cancer related assistance or want to join the Association, please contact IFCC:

Helpline: 666 991 336
Monday, Wednesday and Friday
from 10 am to 12 noon.

Visit our website:
www.ibizacancer.com

or follow us on
Facebook: www.Facebook.com/IFCCancer

Registered Charity No: G 57089013

IFCC is a beneficial organisation represented by a local executive committee and voluntary helpers who work totally gratis for the association.

ALL FUNDS raised are for help and treatment for Residents in Ibiza and Formentera.

The contents of this leaflet have been reproduced from Breast Cancer Care UK literature, March 2012 BC211

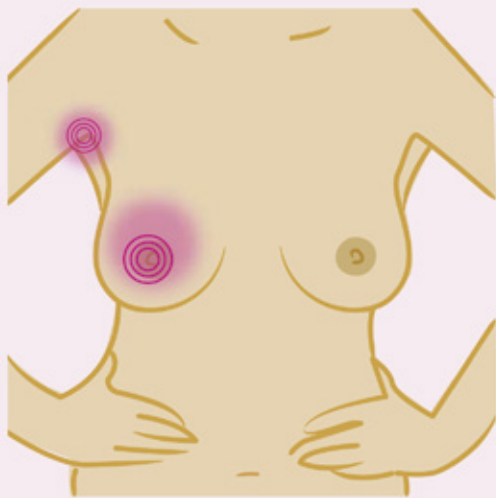


Ibiza & Formentera Against Cancer (IFCC)

taking care
of **YOUR**
breasts

How do I check my breasts?

There's no right or wrong way to check your breasts. Try to get used to looking at and feeling your breasts regularly. You can do this in the bath or shower, when you use body lotion, or when you get dressed. You decide what is comfortable and best for you.



Constant **pain** in
your breast or your
armpit

The breast awareness 5-point code

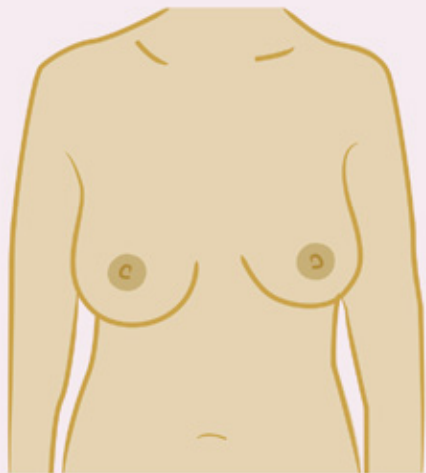
- 1 You should know what is normal for you
- 2 Know what changes to look for
- 3 Look and feel
- 4 Tell your Family Doctor about any changes straightaway
- 5 Go for breast screening when invited

or shape

to take care breasts

These are not usually accompanied by any other symptoms alongside breast changes, such as feeling tired or having less energy. So, even if you feel well it's still important to visit your Family Doctor.

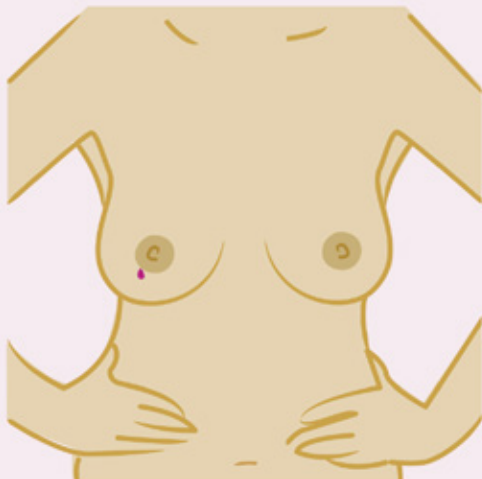
Although it's rare, men can also get breast cancer so they need to be breast aware too.



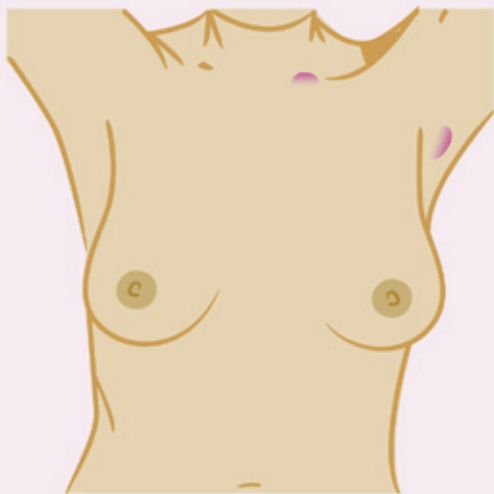
A change in

size

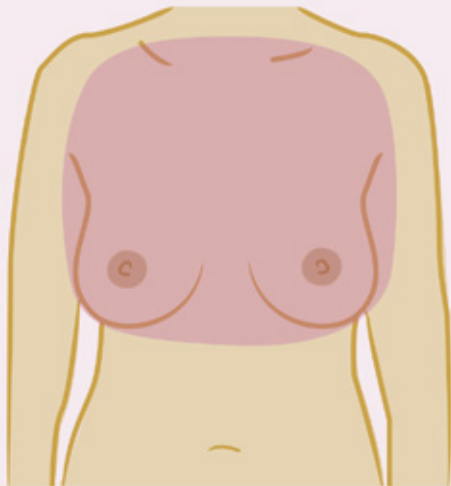
or shape



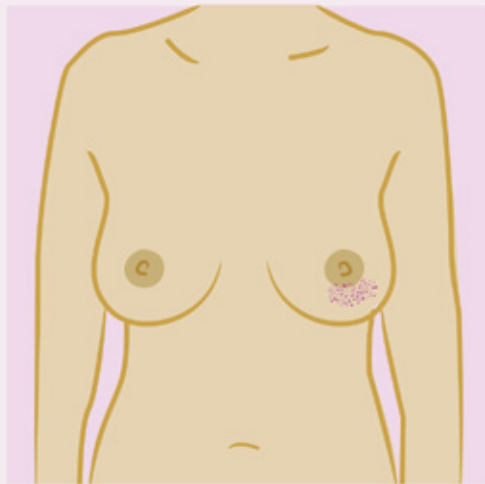
Discharge (liquid)
from one or both of
your nipples



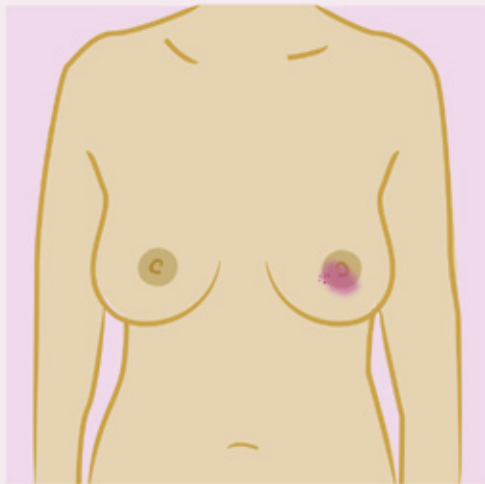
A **swelling** in your armpit or around your collarbone



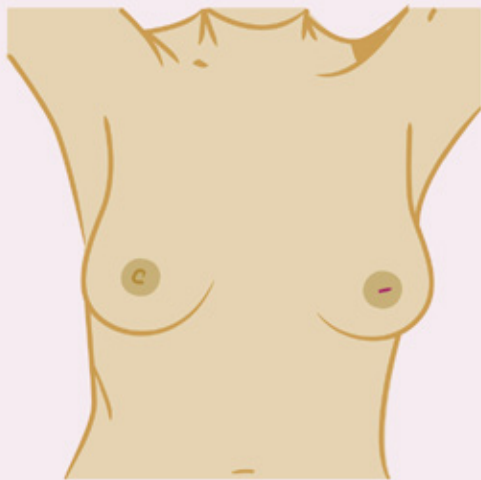
Remember to check all parts of your breast, your armpits and up to your collarbone.



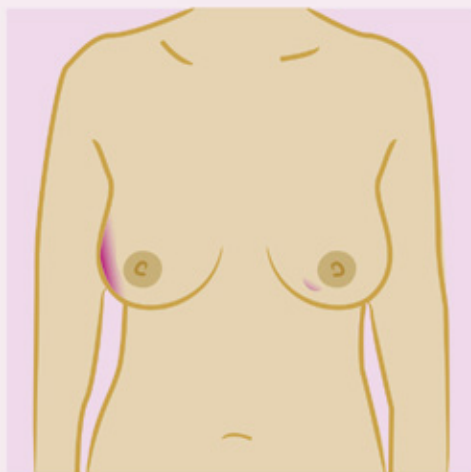
A change in skin texture such as *puckering* or dimpling (like orange peel)



Redness or a rash on the skin and/or around the nipple (which may look like eczema)



If your nipple becomes inverted (pulled in) or changes its position or shape



A lump or **thickening** that feels different from the rest of the breast tissue