



Spotted anything that isn't normal for you?

Chances are, it's nothing serious, but if it's breast cancer, the time to know is now.

Why? 9 out of 10 women survive early stage breast cancer, but sadly only 1 out of 10 women survives late stage breast cancer. Seeing your GP promptly could save your life.

Remember, you can choose to see a male or female GP.

small
THE BIG C
Spotting cancer early saves lives



Get into the habit of feeling and looking at your breasts. It's normal to see your GP about any one of these unexplained symptoms – it's probably nothing serious, but you're not wasting anyone's time by getting it checked out.

Tick the box if you have any of these unexplained symptoms:

- A lump or thickened area in your breast or armpit
- Nipple changes or discharge
- Changes to the skin of your breast
- Changes in the shape or size of one breast or both breasts
- Pain in your breast or armpit

If you've ticked any one of these boxes, show this card to your GP as soon as possible.

Don't wait for the symptom to get worse before you see your GP.

Take advantage of breast screening:

Breast screening (breast x-rays) helps to spot breast cancer early. Look out for your invitation (if you're aged 50-70), or if you're aged 70+, and haven't had a breast x-ray in the last 3 years, book an appointment on 020 3465 6631. Remember to keep checking your breasts between x-rays.

Make sure you're around for the people you love.

See how to check your breasts at www.smallc.org.uk

NHS

Camden

Clinical Commissioning Group