

Are you breast aware?



Breast awareness is about getting to know your own body so you can spot any changes early on.

What to look out for:

- A lump in either breast.
- A change in the size or shape of one or both breasts.
- A lump or swelling in either armpit.
- Skin that looks like orange peel.
- Skin changes to the nipple.
- Dimples or skin that becomes drawn in.
- A nipple that becomes turned in.
- Leaking nipples.

Know what is normal for you – so you can tell your GP about any changes as soon as you spot them. And remember, men can get breast cancer too.

For more information - www.nhsinform.scot/screening
or call **NHS Inform** on **0800 22 44 88**

Breast screening could save your life...

Screening helps by finding breast cancers at an early stage when they are too small to see or feel but are easier to treat.

- Breast cancer is the most common cancer among women in Grampian.
- In 2017, 500 women in Grampian were diagnosed with breast cancer.
- Women are 5 times more likely to survive breast cancer if it is caught early.
- It only takes about 10 minutes.

Women aged 50-70 automatically receive a letter in the post inviting them to breast screening every 3years. 

Women aged 71+ are welcome to attend but are asked to make their own appointment.

For more information call the North East Breast Screening Centre, Aberdeen on **01224 550570** or email **gram.breastscreening@nhs.scot**