

YOURHEALTH

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THINK PINK!

What is breast cancer?

Breast cancer is the most common cancer in women. Most cases occur in women over the age of 50 but breast cancer can occur in younger women.

Around one in nine women develop breast cancer at some stage in their lives and about 48,000 cases occur in the UK each year.

Breast cancer **can also develop in men**, although this is rare.

Breast cancer develops from a cancerous cell, which develops in the lining of a duct or lobule in one of the breasts.

What to look out for:

- A new lump or area of thickened tissue in either breast that was not there before
- A change in the size or shape of one or both breasts
- Bloodstained discharge from either of your nipples
- A lump or swelling in either of your armpits
- Dimpling on the skin of your breasts
- A rash on or around your nipple
- A change in the appearance of your nipple, such as becoming sunken into your breast.

HOW IS BREAST CANCER DIAGNOSED?

If you develop a lump or symptoms that may be breast cancer, a doctor will usually examine your breasts and armpits to look for any lumps or other changes. You will normally be referred to a specialist.

Sometimes a biopsy of an obvious lump is arranged, but other tests may be done first:

- Mammogram: this is an X-ray of the breast tissue
- Ultrasound scan of the breast
- MRI scan of the breast: this is more commonly performed on younger women, who may have denser breast tissue.

WHAT ARE THE RISK FACTORS?

- Women who are overweight/obese after their menopause have a higher risk of breast cancer than women who are not overweight. Men have an increased risk if they are overweight or obese
- Drinking alcohol increases the risk of breast cancer. The risk increases with each extra unit of alcohol per day
- There is a very small increased risk of breast cancer when you take the contraceptive pill. This increase in risk goes back to normal 10 years after you stop taking it
- HRT increases the risk of breast cancer while women take it and for up to five years afterwards. Combined HRT (oestrogen and progesterone) is more likely to cause breast cancer than oestrogen-only HRT
- There is a small increased risk of breast cancer if you're inactive, this means doing less than 150 minutes of moderate exercise a week
- There are also factors you cannot change, including getting older, family history of breast cancer and inherited genes.

Sources: NHS, Cancer Research, itsontheball.org

WHAT IS TESTICULAR CANCER?

Testicular cancer is cancer that develops in the testicles, which are part of a man's reproductive system.

[Watch the video](#)

or put in your browser (right):

<https://www.nhs.uk/video/Pages/testicular-cancer-case-studies.aspx?searchtype=Tag&searchterm=Cancer&>



WHAT TO LOOK OUT FOR

See your doctor if you find:

- A lump or swelling in the testicle
- A sharp pain in the testicle or scrotum
- A heavy scrotum
- An increase in the firmness or feel of the testicle
- An unusual difference between one testicle and the other.

The symptoms are unlikely to be cancer but it is important to get them checked by a doctor.

The best thing you can do? Check yourself once a month:

- When taking a bath or a shower:
- Check each testicle separately
- Feel the weight of each testicle in your hand
- Gently roll each testicle between your fingers to make sure the surface is free of lumps and bumps.



If you find any of the following see your GP immediately:

- Increase in size
- Hardness
- A lump
- Discomfort.

WHAT'S THE RISK?

In the UK around 2,200 men are diagnosed with testicular cancer each year. That's about one in 100 cancers diagnosed in men. It is not known what causes most testicular cancers, but some factors can increase your risk of getting it. The three main reasons:

1. Men with undescended testicles are about three times more likely to develop testicular cancer than men whose testicles descend at birth or shortly after
2. Having a close relative with a history of testicular cancer or an undescended testicle increases your risk of also developing it
3. Men who've previously been diagnosed with testicular cancer are between four and twelve times more likely to develop it in the other testicle.

Treatment:

Surgery is the first treatment for testicular cancer. After surgery you might have one of the following or a combination of them:

- Monitoring (surveillance)
- Chemotherapy
- Radiotherapy.