

Your Health



Breast Cancer Awareness

Breast cancer is the most common cancer in the UK and is the name given to cancers that have first developed in breast tissue. There are many different types. The earlier it is detected, the better the chance you have of beating it.

What is Breast Cancer?

Breast cancer occurs when cells in the breast rapidly multiply, forming a lump or tumour. In some cases it can spread to other parts of the body, such as the lymph nodes. Whilst most commonly found in woman, it is also important to note that men can also be diagnosed with the disease.

Know the signs

Typically, the first symptom of breast cancer is the discovery of a lump in the breast. Many women normally have breast lumps and the majority of these are non-cancerous. It is vital to check your breasts regularly. Signs and symptoms to look out for include:

- A change in the size or shape of one or both breasts
- Discharge from either nipple
- A lump or swelling in either of the armpits
- Dimpling on the skin of the breasts
- A rash on or around the nipple
- A change in the appearance of the nipple

Reducing Your Risk of Developing Breast Cancer

- Be breast aware and look out for unusual changes
- Eat a healthy diet & have a low intake of saturated fat
- Lose extra weight and take regular exercise
- Reduce alcohol intake and quit smoking
- Attend NHS screening - all women who are 50-70 years old are invited
- Discuss with your GP if there is a family history of breast cancer

Breast cancer – the risk factors

A number of factors may increase the risk of developing breast cancer, including:

- Family history
- Excessive weight after the menopause
- Alcohol use (risk increases with every extra unit)
- Use of combined HRT & for up to 5 years afterwards

If in doubt... check it out!

It is important to know what is normal for you and if you spot any changes, it is best to seek medical intervention and to speak to your GP as quickly as you can.



Testicular Cancer

Cancer of the testicles, also known as testicular cancer, is one of the less common cancers. Testicular cancer usually affects younger men between the ages of 15-49 and is one of the most

curable forms of cancer if detected early. It is a relatively rare disease, with approximately 2,300 men diagnosed each year within the UK.



Types of testicular cancer

Approximately 95% of all cases of testicular cancer is known as 'germ cell' testicular cancer, which is the type of cell the body uses to create sperm.

Know the signs

- Mild discomfort in testicle or scrotum which may come and go
- Finding a hard lump the size of a pea on the front or side of a testicle
- Swelling, increased firmness or enlargement of testicle.
- An unusual difference between the testicles
- A heavy feeling in the scrotum
- A dull ache or dragging sensation in the groin, scrotum or lower stomach

Are you at risk?

It is not known what causes testicular cancer to develop, however the following are some of the associated risk factors in developing the disease:

- Born with undescended testicles
- Congenital abnormalities (present at birth) of testicles, penis or kidneys
- Any childhood history of inguinal hernias or infection of the testes caused by mumps, measles or testicular torsion
- Family history of testicular cancer (brother or father)
- Previous history of testicular cancer (may develop in the other testicle)
- HIV virus

98% of men survive for 5 years or more following their cancer diagnosis

It is the **16th** most common cancer to occur in UK men

The highest incidence of cases are in men aged 30-34 years old

Testicular cancer isn't clearly linked to any preventable risk factors but aiming for a healthy lifestyle will decrease all round health risk'



Smoking is still one of the largest preventable killers in the UK and the health gains from stopping smoking are huge. The annual Stoptober campaign will take place in October and research has proven that you are 5 times more likely to stop smoking for good if you are able to remain smoke free for a period of 28 days. More information about this initiative can be found via <http://www.nhs.uk/smokefree>

Reminder - From 1 October 2015, legislation came into force across England and Wales making it illegal to smoke in a car carrying a child or young person under the age of 18.

