

# Reducing the Risk

**Naomi Thompson**

**Senior Cancer Prevention Officer**



# Aim:

To reduce the incidence of cancer and promote its early diagnosis

# Cancer in Northern Ireland

- 1 in 2 people will develop cancer



BUT many cancers can be **prevented** with a healthier lifestyle

40% or 4 in 10 cancers can be prevented

The choices that we make everyday affect our long term risk

# Breast Cancer



## Am I at risk?

- Women over 50 years old
- Around 1400 women in Northern Ireland every year
- Most common cancer in women
- Rare in young women – Still be aware!

# Breast Cancer Statistics

## Number of cases in 2018:

- 1,522 women (av 1443)
- 10 men (av 12)

## Number of deaths in 2018:

- 320 women (av 314)
- 2 men (av)

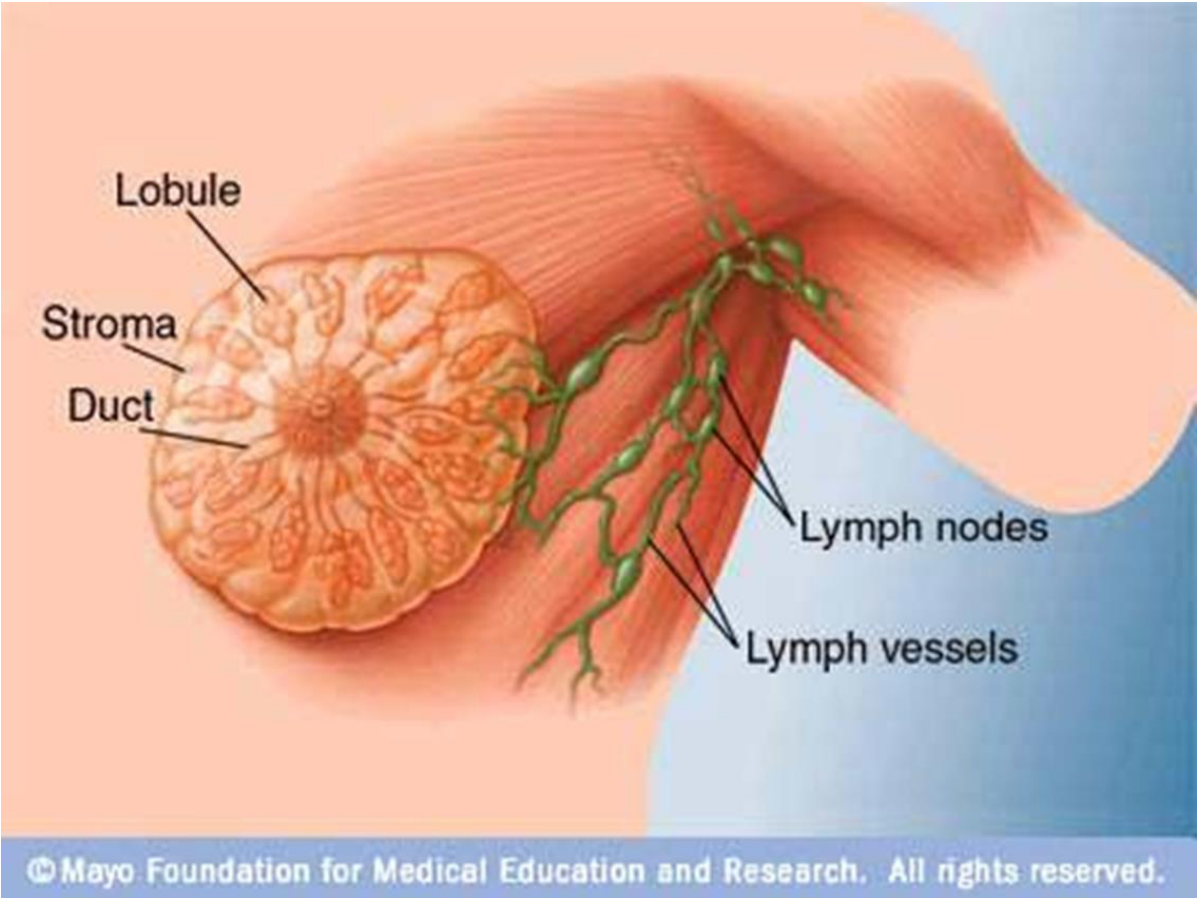


# Good News!

- Treatment is improving
- Survival rate is increasing in Northern Ireland



# Be Breast Aware





# Looking for Changes

## Stand in front of the mirror

- Arms by your side
- Arms raised above your head
- Hands on hips with elbows forward and chest muscles tensed



# Feel for Changes

**When lying down or in the bath/shower with a soapy hand:**

- Feel each breast in turn
- Keep your fingers together and flat
- Press firmly over entire breast, nipple and armpit
- Check the nipple for discharge



# What do I look for?

- Anything not normal for you
- A lump
- Thickening of the skin
- Change in size or shape of one breast
- Any unusual sensation / pain / discomfort in one breast
- Veins becoming more visible
- Discharge from the nipple (especially bloody stained)
- Change in nipple shape
- Persistent rash on a nipple



# Remember!

- 9 out of 10 lumps are harmless
- Still need to be checked by your GP
- Early detection saves lives
- Contact GP
- Contact Cancer Focus 0800 783 3339



# No Known Breast Cancer Risk from

- Injury
- Deodorants
- Under wired bras
- Stress

# Protective Factors

- ◆ Being physically active / not overweight
- ◆ Eating a healthy diet – fruit / vegetables / fibre / not too much fat or red meat
- ◆ Limiting alcohol intake
- ◆ Stop smoking or don't start
- ◆ Breast feeding

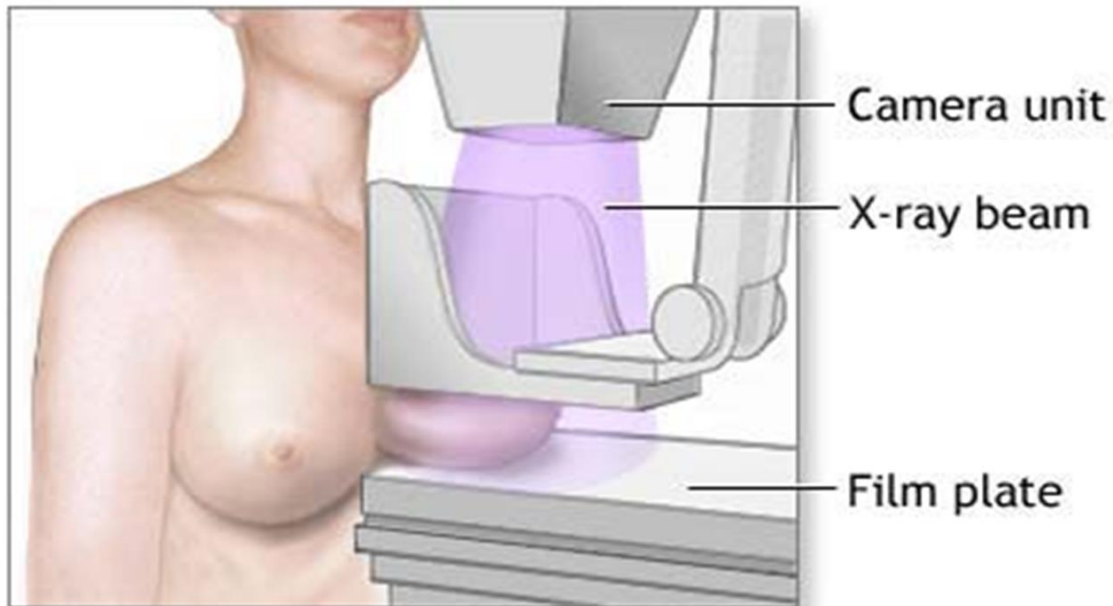


# Screening – What is it?

- Mammogram
- X-Ray – 5mins
- Appointment – 30mins
- Female nurse
- One third of all breast cancers



# Screening – What is it?



In mammography, each breast is compressed horizontally, then obliquely and an x-ray is taken of each position



# Mammogram Image



# Screening – Who is it for?

- All women 50-70years
- 70+ years – screening unit
- Don't need to have any symptoms



No matter how busy you are always consider taking time to screen!



Cheryl Crow



Kylie Minogue



Olivia Newton John



Sally Dynevor



Angelina Jolie

# Other services

- Fitting Service for bras and swimwear
- Support groups, including a new group for younger women diagnosed with breast cancer
- Counselling in the cancer units
- Additional therapy – art therapy, creative writing, etc.
- Family Support service

# Remember...

- Be 'breast aware' and any other symptoms
- Address protective factors
- Take up screening opportunities
- Concerned – GP
- Cancer Focus NI free phone Nurseline
- 0800 783 3339



**Thank – you!**

**If you have any questions please contact me**

**[naomithompson@cancerfocusni.org](mailto:naomithompson@cancerfocusni.org)**

