

Useful Links and Resources

What to do if you are worried about breast cancer

Breast Cancer UK's primary focus is the prevention of breast cancer caused by exposures to carcinogenic and other hazardous chemicals in our environment and everyday products. Unfortunately, we do not provide clinical or pastoral support.

We have provided a list of organisations below who do provide these services.

If you are worried about breast cancer or think you may have any symptoms of breast cancer (see box opposite), please visit your doctor. It may be nothing, but the earlier a diagnosis is made, the more chance of treating it successfully.

Other support organisations

Breast Cancer Care

Breast Cancer Care provides breast cancer information and support across the UK. They have specific support for partners and for younger women affected by breast cancer. They have a lot of information about mastectomy wear (including bras and swimming costumes) and also specialise in correctly fitting breast prostheses.

Helpline: **0808 800 6000**

Text phone: 18001 0808 800 6000

Mon to Fri: 9.00 am to 5.00 pm + Wed: 5.00 pm to 7.00 pm; Sat: 10.00 am to 1.00 pm

Website: www.breastcancercare.org.uk

Information and Support:

Phone: 0345 077 1893

Email: movingforward@breastcancercare.org.uk

Head office (general queries)

Email: info@breastcancercare.org.uk

Phone: 0345 092 0800

Signs and symptoms of breast cancer:

Breast cancer can have a number of symptoms, but the first that is noticeable is usually a lump or area of thickened breast tissue.

Most breast lumps aren't cancerous, but it's always best to have them checked by your doctor. You should also see your GP if you notice any of the following:

- a change in the size or shape of one or both breasts
- discharge from either of your nipples (which may be streaked with blood)
- 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

Breast pain isn't usually a symptom of breast cancer but if you're concerned visit your GP. After examining your breasts, your GP may refer you to a specialist breast cancer clinic for further tests. These might include a mammogram (breast X-ray), ultrasound scan or biopsy (breast tissue sample).

Source: NHS Choices: <http://www.nhs.uk/Conditions/Cancer-of-the-breast-female/Pages/Introduction.aspx>

Useful Links and Resources

Other support organisations, continued

Hereditary Breast Cancer Helpline

The Hereditary Breast Cancer Helpline provides support and information to anyone concerned about hereditary breast cancer.

Phone: **01629 813000** (helpline 24 hours)

Email: canhelp@btopenworld.com

Website: www.breastcancergenetics.co.uk

The Haven Breast Cancer Support Centres

Breast Cancer Haven offers free support, information, counselling and complementary therapies to anyone affected by breast cancer. They have drop in centres in London, Hereford, Yorkshire, Wessex, Worcester and will open one in the West Midlands in Oct. 2017. They also offer a programme of care designed to help women with breast cancer feel better and develop a healthier lifestyle. For people who can't get to a Haven centre, they offer the "Haven at Home" multi media package.

Website: www.thehaven.org.uk

Breast Cancer Haven, Fulham

Email: london@breastcancerhaven.org.uk

Phone: 020 7384 0099

Breast Cancer Haven, Hereford

Email: hereford@breastcancerhaven.org.uk

Phone: 01432 361061

Breast Cancer Haven, Yorkshire

Email: yorkshire@breastcancerhaven.org.uk

Phone: 0113 284 7829

Breast Cancer Haven, Wessex

Email: wessex@breastcancerhaven.org.uk

Phone: 01329 559 290

Breast Cancer Worcester,

Email: worcester@breastcancerhaven.org.uk

Phone: 01905 677 862

Macmillan Cancer Support

Macmillan Cancer Support provides practical, medical and financial support. They provide booklets on cancer and treatments, run helplines providing cancer information and benefits advice, and offer Cancer Voices service, enabling those affected by cancer to share their experiences and help shape future cancer services.

Macmillan CancerLine: **0808 808 0000**

Textphone: 18001 0808 808 00 00

Mon to Fri: 9.00 am to 8.00 pm; information available in other languages

Email: contactus@macmillan.org.uk

Website: www.macmillan.org.uk

The Daisy Network

The Daisy Network provides help, support and information for women who have had an early menopause.

PO Box 183, Rossendale, BB4 6WZ

Email: info@daisynetwork.org.uk

Website: www.daisynetwork.org.uk

Cancer Research UK

CRUK provides general information and advice on cancer, and funds research into the disease.

Helpline: **0808 800 40 40**

Admin phone number: 020 7242 0200

<http://www.cancerresearchuk.org>

Breast Cancer Now

<http://breastcancernow.org/>

Breast Cancer Now is the UK's largest breast cancer research charity. Its website provides general information and advice on breast cancer.

Please note: This is not an exhaustive list. There are likely to be many local support groups and regional centres that can provide help and support, so do ask your local GP or breast clinic for further information.