

Publications 2018/19

breast
cancer
care



The breast cancer
support charity

Information to help you face breast cancer

Breast Cancer Care is the only specialist UK-wide charity that supports people affected by breast cancer. We've been supporting them, their family and friends and campaigning on their behalf since 1973.

Today, we continue to offer reliable information and personal support, over the phone and online, from nurses and people who've been there. We also offer local support across the UK.

Our information is written by clinical specialists and reviewed by healthcare professionals and people affected by breast cancer. All our titles are free (subject to bulk postage charges). All of our patient information is accredited under the Information Standard, which means that our information is well-researched, reliable and up to date.

Our website also contains comprehensive information about breast health and breast cancer. If you would like to find out more visit breastcancercare.org.uk or call us on **0808 800 6000** (For Next Generation Text service prefix 18001).

Most publications are available to download in PDF format from our website where you can also find the titles we have in e-book and audio formats.

To order any of the following see the 'How to order' section.

Breast health

Know your breasts: a guide to breast awareness and screening (BCC2)

Taking care of your breasts mini guide (BCC211)

Taking care of your breasts - mini guide Arabic (BCC227)

Taking care of your breasts - mini guide Bengali (BCC217)

Taking care of your breasts - mini guide Gujarati (BCC219)

Taking care of your breasts - mini guide Hindi (BCC218)

Taking care of your breasts - mini guide Punjabi (BCC226)

Taking care of your breasts - mini guide Urdu (BCC216)

Taking care of your breasts - mini guide Welsh (BCC215)

Your breasts during and after pregnancy (BCC148)

Your guide to a well-fitting bra (BCC196)

To order online visit breastcancercare.org.uk

Worried about breast cancer?

Family history, genes and breast cancer (BCC32)

Your breast clinic appointment (BCC70)

Benign breast conditions

Benign phyllodes tumour (BCC81)

Breast calcifications (BCC77)

Breast cysts (BCC73)

Breast pain (BCC71)

Duct ectasia (BCC82)

Fat necrosis (BCC76)

Fibroadenoma (BCC72)

Gynaecomastia (BCC155)

Hyperplasia and atypical hyperplasia (BCC78)

Intraductal papilloma (BCC79)

Lobular neoplasia (BCC126)

Periductal mastitis (BCC154)

Sclerosis of the breast (BCC80)

Diagnosed with breast cancer

Breast cancer and you: diagnosis, treatment and the future (BCC44)

Breast cancer during and after pregnancy (BCC25)

Ductal carcinoma in situ (DCIS) (BCC39)

Inflammatory breast cancer (BCC23)

Invasive ductal breast cancer (BCC210)

Invasive lobular breast cancer (BCC45)

Medullary breast cancer (BCC185)

Mucinous breast cancer (BCC187)

Mummy's Lump (BCC164)

Paget's disease of the breast (BCC38)

Phyllodes tumours: borderline and malignant (BCC189)

Primary breast cancer information pack (BCC145)

Talking with your children about breast cancer (BCC50)

Tubular breast cancer (BCC201)

Understanding your pathology results (BCC161)

When your partner has breast cancer (BCC120)

Younger women with breast cancer (BCC66)

Treatment and side effects

After breast cancer treatment: what now? (BCC169)

Anastrozole (Arimidex) (BCC31)

Breast cancer and hair loss (BCC54)

Breast prostheses, bras and clothes after surgery (BCC123)

Breast reconstruction (BCC7)

Capecitabine (Xeloda) (BCC121)

Chemotherapy for breast cancer (BCC17)

Docetaxel (Taxotere) (BCC35)

Exemestane (Aromasin) (BCC46)

Exercises after breast cancer surgery (BCC6)

FEC chemotherapy (BCC96)

FEC-T chemotherapy (BCC233)

Fertility and breast cancer treatment (BCC28)

Goserelin (Zoladex) (BCC33)

Letrozole (Femara) (BCC64)

Living with lymphoedema after breast cancer (BCC5)

Menopausal symptoms and breast cancer (BCC18)

Osteoporosis and breast cancer treatment (BCC75)

Ovarian suppression and breast cancer (BCC27)

Paclitaxel (Taxol) (BCC34)

Pertuzumab (Perjeta) (BCC235)

Radiotherapy for primary breast cancer (BCC26)

Reducing the risk of lymphoedema (BCC15)

Tamoxifen (BCC20)

Trastuzumab (Herceptin) (BCC41)

Treating primary breast cancer (BCC4)*

Your body, intimacy and sex (BCC110)

Your operation and recovery (BCC151)

*This information is also available in large print A4 format called 'How is breast cancer treated?' (BCC234)

Secondary breast cancer

Secondary breast cancer in the bone (BCC30)

Secondary breast cancer in the brain (BCC56)

Secondary breast cancer in the liver (BCC36)

Secondary breast cancer in the lung (BCC40)

Secondary breast cancer information pack (BCC173)

Spinal cord compression alert cards - 15 per pack (BCC231)

Health and wellbeing

Complementary therapies, relaxation and wellbeing (BCC55)

Diet and breast cancer (BCC98)

Vita magazine (BCC125)

Moving Forward

Moving Forward: for people living with and beyond breast cancer (BCC197)

About Breast Cancer Care

BECCA App cards - pack of 100 (BCC408)

Breast cancer - let's get through it together (BCC355)

Care and support for younger women with breast cancer (BCC303)

Helpline cards – 50 per pack (BCC371)

Moving Forward: support for people living with and beyond breast cancer (BCC346)

Publications (BCC69)

Someone Like Me postcard (BCC394)

Support for people living with secondary breast cancer (BCC383)

**All titles are available in large print,
Braille, audio CD and DAISY format
on request by phoning 0345 092 0808.**

How to order

The simplest way to order is via breastcancercare.org.uk/publications

Please note that we **do not** invoice for postage charges. The order form details our postage charges and summarises your order. This can also be used as a pro forma invoice. We do not accept orders from outside the UK.

We are able to provide our publications free of charge thanks to the generosity of our supporters. You can help by making a donation today to help us continue to offer our free services to anyone who needs them.

Postage charges

All our publications are free, but we charge postage to cover costs for large orders.

100 items or fewer FREE

101–500 items £15

501–1,000 items £25

1,001 items or more £40

You can pay by cheque, credit/debit card or BACS.

Placing your order

Via our website breastcancercare.org.uk/publications

By phone You can call our orderline on **0345 092 0814**.

By post Complete the form at the back of this leaflet and return it to the address at the bottom of the form.

By fax If you have included credit/debit card details or there is no postage charge you can fax your order to **0845 092 0803**.

Order queries

You should receive your order within 10 working days. However, if you have not received your order after 10 days please call **0345 092 0814** or email orderenquiries@breastcancercare.org.uk

For general publications queries please call **0345 092 0808** or email publications@breastcancercare.org.uk

Please keep a copy of your order for your records.

To order online visit breastcancercare.org.uk

