

Whenever people come to us with concerns about breast health and breast cancer, Breast Cancer Care has information to help. Whether that's a booklet, a download, an e-book or an audio file.

This chart shows some of the patient information available at different stages of women's lives, through breast awareness and, for some, primary or secondary breast cancer diagnoses, treatment and recovery. You can order and download all our resources free at breastcancercare.org.uk/publications You can also visit breastcancercare.org.uk/information-support



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Breast awareness



- Know your breasts: a guide to breast awareness and screening
- Not Just A Lump poster (A3)
- Not Just A Lump poster (A4)
- Taking care of your breasts mini guide
- Taking care of your breasts mini guide (Arabic)
- Taking care of your breasts mini guide (Bengali)
- Taking care of your breasts mini guide (French)
- Taking care of your breasts mini guide (Gujurati)
- Taking care of your breasts mini guide (Hindi)
- Taking care of your breasts mini guide (Punjabi)
- Taking care of your breasts mini guide (Urdu)
- Taking care of your breasts mini guide (Welsh)
- Your breasts during and after pregnancy
- Your guide to a well-fitting bra

Family History

- Family history, genes, and breast cancer



Visit to a breast clinic



- Your breast clinic appointment

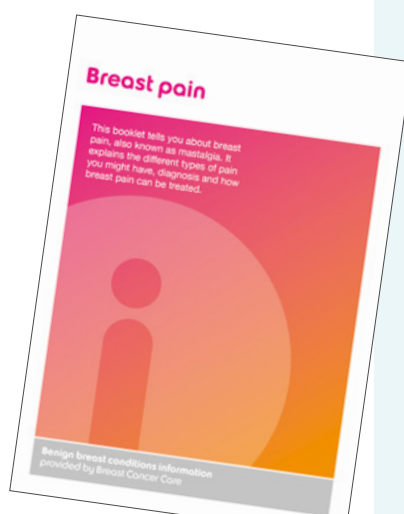


- What happens at a breast clinic?

Benign breast conditions



- Benign phyllodes tumour
- Breast calcifications
- Breast cysts
- Breast pain
- Duct ectasia
- Fat necrosis
- Fibroadenoma
- Gynaecomastia
- Hyperplasia and atypical hyperplasia
- Intraductal papilloma
- Lobular neoplasia
- Periductal mastitis
- Sclerosing lesions of the breast



Primary breast cancer diagnosis



- Primary breast cancer information pack
- Breast cancer and you: coping with diagnosis, treatment and the future
- Breast cancer in younger women
- Breast cancer during pregnancy
- Ductal carcinoma in situ (DCIS)
- Inflammatory breast cancer
- Invasive ductal breast cancer
- Invasive lobular breast cancer
- Paget's disease of the breast
- Phyllodes tumours – borderline and malignant
- Tubular breast cancer
- Understanding your pathology results
- When your partner has breast cancer
- Talking with children about breast cancer
- Mummy's Lump
- Vita magazine



Treatment for primary breast cancer



- Treating primary breast cancer
- Primary breast cancer information pack (includes Treating primary breast cancer and Exercises after breast cancer surgery)
- Breast cancer and you: coping with diagnosis, treatment and the future
- Breast cancer in younger women
- Ovarian suppression and breast cancer
- Fertility and breast cancer treatment
- Anastrozole (Arimidex)
- Capecitabine (Xeloda)
- Chemotherapy for breast cancer
- Docetaxel (Taxotere)
- Exemestane (Aromasin)
- FEC chemotherapy
- FEC-T Chemotherapy
- Goserelin (Zoladex)
- Letrozole (Femara)
- Paclitaxel (Taxol)
- Pertuzumab (Perjeta)
- Tamoxifen
- Trastuzumab
- Radiotherapy for primary breast cancer
- Your operation and recovery
- Breast reconstruction
- Exercises after breast cancer surgery
- Breast Prostheses, bras and clothes after surgery
- Vita magazine

Side effects

- Breast cancer and hair loss
- Menopausal symptoms and breast cancer
- Osteoporosis and breast cancer treatment
- Reducing the risk of lymphoedema
- Vita magazine

Living with and beyond breast cancer



- Moving forward: for people living with and beyond breast cancer
- Breast prostheses, bras and clothes after surgery
- Living with lymphoedema after breast cancer
- After breast cancer treatment: what now?
- Complementary therapies, relaxation and wellbeing
- Diet and breast cancer
- Your body, intimacy and sex
- Vita magazine

Secondary breast cancer



- Secondary breast cancer information pack (includes Spinal cord compression card)
- Secondary breast cancer in the bone
- Secondary breast cancer in the brain
- Secondary breast cancer in the liver
- Secondary breast cancer in the lung
- Spinal cord compression cards
- Vita magazine

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