

Here for you

with clear, reliable and up-to-date information



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 and services available at different stages of life, through breast awareness and, for some, a primary breast cancer diagnosis, treatment and recovery. Our Helpline and services offer accessibility options, including translation. You can order and download all our resources for free at breastcancercare.org.uk/publications/download-order. You can also visit breastcancercare.org.uk/information-support.

Breast awareness

Family history

Visit to a breast clinic

Benign breast conditions

Primary breast cancer diagnosis

Treatment for primary breast cancer

Living with and beyond breast cancer

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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
(Available in: Arabic, Bengali, English, French, Gujarati, Hindi, Punjabi, Urdu and 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?

services

Ask Our Nurses
Forum
Helpline

services

Ask Our Nurses
Forum
Helpline
Someone Like Me email
and telephone support

services

Ask Our Nurses
Forum
Helpline

For more details
phone the Helpline
on **0808 800 6000**
or **visit our website**



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

services

Ask Our Nurses
Forum
Helpline

Primary breast cancer diagnosis

- Primary breast cancer information pack
- Breast cancer and you: coping with diagnosis, treatment and the future
- Breast cancer during pregnancy
- Breast cancer in younger women
- Talking with your children about breast cancer
- Mummy's Lump
- Understanding your pathology results
- Vita magazine
- When your partner has breast cancer

services

Ask Our Nurses
Forum
Helpline
Someone Like Me email
and telephone support
Younger Women
Together

- 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

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Treatment for primary breast cancer

- Chemotherapy for breast cancer
- FEC chemotherapy
- FEC-T chemotherapy
- Ovarian suppression and breast cancer
- Primary breast cancer information pack (includes **Treating primary breast cancer** and **Exercises after breast cancer surgery**)
- Treating primary breast cancer
- Radiotherapy for primary breast cancer
- Your operation and recovery

- Breast cancer and you: coping with diagnosis, treatment and the future
- Breast cancer in younger women
- Breast prostheses, bras and clothes after surgery
- Breast reconstruction
- Exercises after breast cancer surgery
- Fertility and breast cancer treatment
- Vita magazine

- Anastrozole (Arimidex)
- Capecitabine (Xeloda)
- Docetaxel (Taxotere)
- Exemestane (Aromasin)
- Goserelin (Zoladex)
Letrozole (Femara)
- Paclitaxel (Taxol)
- Pertuzumab (Perjeta)
- Tamoxifen
- Trastuzumab

Side effects information

- 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

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



services

Ask Our Nurses
Forum
Helpline
Someone Like Me email and telephone support
Younger Women Together



services

Ask Our Nurses
BECCA support app
Forum
Helpline
Lingerie evenings (Wales only)
Moving Forward course
Someone Like Me email and telephone support
Younger Women Together

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