

Breast Care Nursing Team



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By Lynette Bracegirdle & Gill Ogden

Clinical Nurse Specialist in Breast Care

- The Clinical Nurse Specialist is a highly qualified and experienced nurse who is specialised in the care and support of people with breast cancer
- She works closely with all the members of the Breast Care Team involved in your care.
- The Breast Care Nursing Service is available from the time patients first attend with a diagnosis of breast cancer



The Breast Care Nurse Service offers

- Information about all aspects of breast cancer
- Discussion and information about treatment options
- Information about breast reconstruction and reduction
- Advice about concerns related to a family history of cancer
- If you need practical advice and/or support dealing with side effects of treatment please speak to us

What is breast cancer?



Breast cancer is the collective term for all cancers that originate in breast tissue.

Cells normally multiply in a regular, orderly fashion, but sometimes they change and begin to grow and divide in an irregular, uncontrolled way.

These abnormal cells can form a lump or tumour in the breast. In some cases, they spread to other parts of the body.



Breast Cancer is the most common cancer in the UK.

- One in eight UK women will be diagnosed with breast cancer.
- Over 50,000 women and around 350 men are diagnosed with breast cancer every year.
- Around 1,000 women die from breast cancer every month. However, more women than ever are surviving, thanks to better awareness, screening and treatments.



What causes breast cancer?

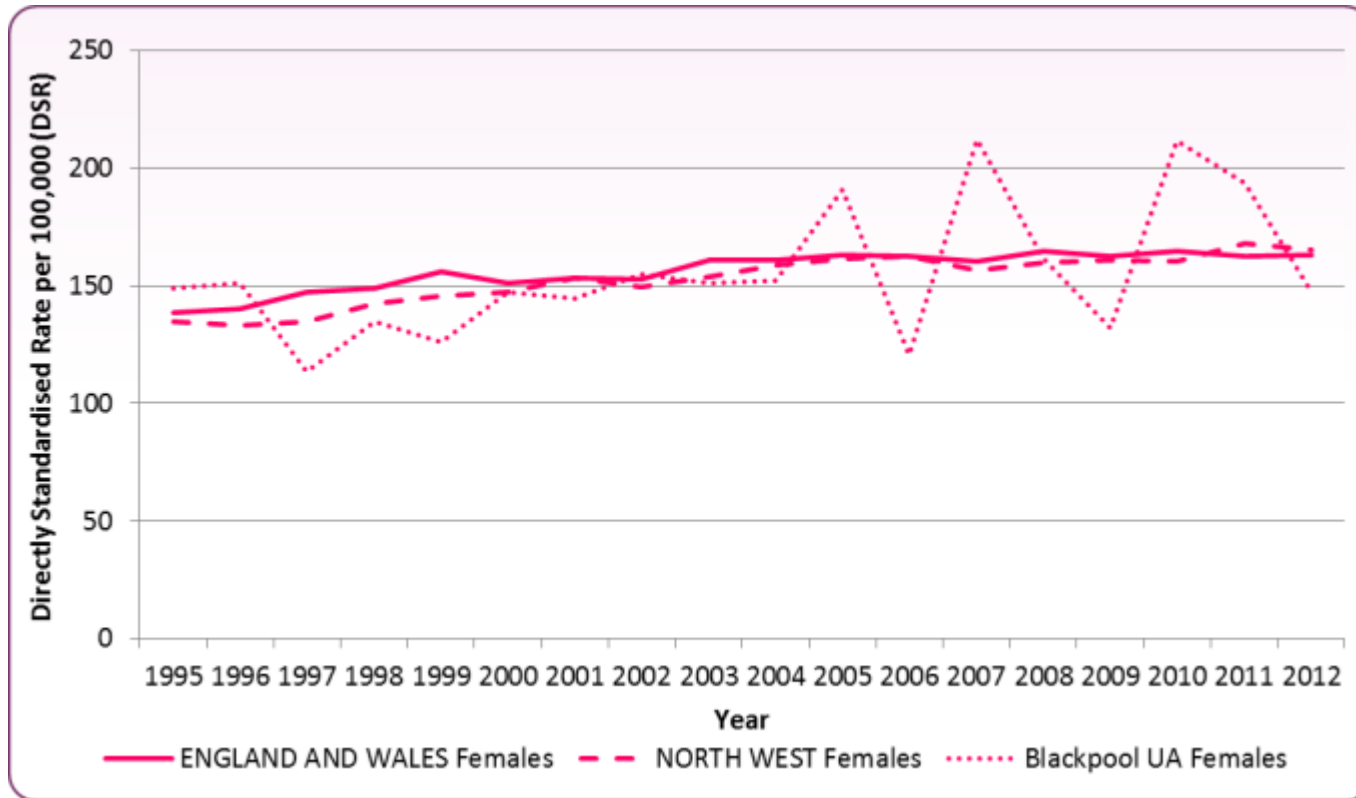
Breast cancer is thought to be caused by a combination of our genes, lifestyle choices and surrounding environment.

There are many things, or factors, that can increase or decrease the risk of developing breast cancer. One of the biggest risk factors is increasing age. At least four out of five breast cancers occur in women over 50.

In a small number of cases, breast cancer runs in the family. Most women with breast cancer do not have a family history of the disease or the faulty genes linked to breast cancer.

You can lower your risk of developing breast cancer by making changes such as drinking less alcohol, maintaining a healthy weight and being regularly physically active.

Incidents of Breast Cancer - 1995-2012 Annual Trend



Source: HSCIC Indicators

Detecting it early

The earlier breast cancer is diagnosed, the better the chances of beating it.

Women aged from 47 and over are entitled to free breast screening (mammogram). You will then receive invitations every three years until you reach 73. After this, you will need to make your own appointments.

Regardless of age it's important to be breast aware as most breast cancers are found by women noticing unusual changes, taking the initiative and visiting their doctor.

All women should be breast aware and women aged 50 and over are entitled to free breast screening.

How to be breast aware

Being breast aware simply means knowing what your breasts look and feel like normally, being on the lookout for any unusual changes and getting them checked out by your doctor.

It's as simple as **TLC**...

Touch your breasts. Can you feel anything unusual?

Look for changes. Is there any change in shape or texture?

Check anything unusual with your doctor.

No one knows your body better than you and everyone will have their own way of touching and looking for changes- there's no special technique and you don't need any training.



Breast Care Centre

Blackpool Teaching Hospitals 
NHS Foundation Trust

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The Breast Care Centre Team.

Welcome

With the support of Blue Skies/Hint of Pink charity funding, the Breast Care Centre opened its doors to patients from Blackpool, Wyre and Fylde in 2010.

Approximately 5,000 new patients per year access our services. The majority of patients are referred to us by their GP and are seen within 2 weeks, meeting the national guidelines. All patients are triaged to ensure your appointment is placed appropriately.

Patients are treated within a multidisciplinary team, working to national guidelines.



The Breast Care Team.

