

1 in 8 women will get breast cancer in their lifetime.

## BreastCheck

More than 55,000 breast cancers are identified every year in the UK and it is now the most common cause of cancer death in women aged 25-49. Contrary to popular belief, 80% of women with breast cancer have no family history of the disease, however, if women have a strong family history of breast cancer, it can significantly increase their risk.

The good news is that breast cancer can be successfully treated if detected early and life expectancy is steadily increasing. Unlike the NHS breast screening service where women are not invited until aged 47+, BreastCheck is available to women aged 18+.

BreastCheck offers education about breast health and the risk of developing breast cancer, with training to show women how to examine their own breasts, as most breast cancers are found by women themselves.

### What is BreastCheck?

- BreastCheck includes an online personal breast cancer risk assessment.
- A 20-minute BreastCheck appointment with a specialist breast cancer nurse.
- Discussion of a women's personal breast cancer risk and advice on how to reduce their risk.
- Guidance from a Check4Cancer specialist breast cancer nurse on tuition in breast self-examination and signposting to typical abnormalities and symptoms.
- A monthly e-mail reminder to be breast aware.

### What happens during a BreastCheck appointment?

A 20-minute BreastCheck appointment with a Check4Cancer specialist breast cancer nurse will cover the following areas:

- The nurse will discuss the women's personal risk and will provide them with a personalised risk stratified screening programme.
- The nurse will discuss lifestyle risk factors and how to reduce their breast cancer risk. The employee will also receive a 'My Breast Health' information booklet which contains lots of information on being breast aware.
- The nurse will give tuition to the employee in how to self-examine their breasts and what signs and symptoms to look out for.

### What happens after the BreastCheck appointment?

- The employee will receive a results letter informing them of their lifetime risk of breast cancer and a personalised screening recommendation.
- If the employee discovers an abnormality during their self-tuition session with the specialist breast cancer nurse, then they will be advised to visit their GP.
- The employee may be eligible for referral to a private consultant (if they have private medical insurance and this is agreed beforehand).
- Check4Cancer offers a OneStop Breast Clinic service which can offer further diagnostic investigations.

### Why will it benefit your employees?

It will empower women to take control of their own breast health and will give them the tools required to self-examine and detect breast cancer early. The results from the personal breast cancer risk assessment are powerful enough to change behaviour.

### Breast health awareness

An experienced clinician can deliver a 40-minute presentation focused on breast cancer that covers symptoms, risk-reducing steps and treatment options. A copy of the presentation and a 'My Breast Health' leaflet will be available to hand out. Optimal group size should not exceed 40 people.

### Which employees will benefit?

- Women aged 18+/- family history of breast, ovarian or prostate cancers.
- It is never too early to know the signs and symptoms of breast cancer, how to self-examine and how-to identify changes in the breast.

