

# 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 death in women younger than 35. But, contrary to popular belief, 80% of women with breast cancer have no family history.

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 you are not invited until you are over 47, our service is available to women aged 18+. BreastCheck offers not only screening, but also education about breast health and self-examination which is important because most breast cancers are found by women themselves.

### What is BreastCheck?

- An online breast cancer risk assessment questionnaire which is scientifically validated
- A 20 minute consultation with a specialist breast cancer nurse
- A review of the risk assessment outcome and recommendations on how to reduce risk
- A clinical breast examination and tuition in breast self-examination
- A monthly e-mail reminder to be breast aware

Mobile mammography is available to larger companies and all clients can also access mammography in private clinics if required.

### When will the results be available?

Results of the clinical breast examination will be given during the consultation and the results letter will be sent to the employee within 5 days. It will contain their personalised breast screening programme based on their risk assessment outcome. Should any abnormality be found upon examination, the employee may be eligible for referral to a private consultant (if they have PMI and this is agreed beforehand) or to the NHS via their GP.

### Why will it benefit your employees?

It will empower women to take control of their own breast health and give them the tools required to self-examine and detect breast cancer early. The results from the 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 My Breast Health brochure will be available to hand out. Optimal group size is up to 40.

### Which employees will benefit?

- Women aged over 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

