

Breast cancer awareness –

Let's get the conversation started



Did you know?

Early detection of breast cancer can improve cancer outcomes by providing care at the earliest possible stage

What to look for

- Any unusual change in the shape or size of one of your breasts
- If one breast has changed and becomes lower than the other
- Changes in skin colour or a rash around the nipple
- A nipple that has become pulled in (retracted) or has changed its position or shape. *Note that a retraction of the nipple is common in some women.*
- Puckering or dimpling of the skin
- A lump or thickening within the breast or armpit. *Note that 9 out of 10 lumps are not cancerous.*
- Discharge from one nipple or both
- Constant pain in one part of the breast.

Does breast cancer affect women only?

Men get breast cancer too! Did you know that 370 - 400 men a year in the UK are diagnosed with breast cancer?

Men - what to look for

- A lump in the breast that is usually hard, painless and does not move around
- A nipple turning inwards or oozing fluid
- Soreness or a rash around the nipple.

Breast cancer in transgender women

Transgender women (people assigned male at birth who identify as women) undergoing hormone treatment have an increased risk of breast cancer compared to cisgender men (people assigned male at birth who identify as men)

Breast Cancer and work

For the purposes of the Equality Act 2010 anyone who has or has had breast cancer is classed as disabled.

You cannot lose your job or be treated less favourably for having breast cancer.

Your rights at work

Your employer is required to make reasonable adjustments to help you continue to work, return to work, have time off for medical appointments or for continued treatment and recovery.

Your rights if you're caring for someone with breast cancer

If you are caring for someone with a breast cancer diagnosis, you may be entitled to request flexible working to help you find a balance between work and your caring responsibilities.

Available support at work

Macmillan at Work provides information, training and resources for employers.

Work is important for many people with cancer, or for those caring for someone with cancer. Going to work can give a sense of normality to life and can help with recovery.

Managers and employers play an important role in supporting people with cancer and their carers.

Simple first steps to support your employee could be to:

- Talk to your employee and understand their needs
- Provide training for managers
- Check your policies are up to date
- Educate employees
- Raise awareness of cancer.