



EASY READ

HANDBOOK

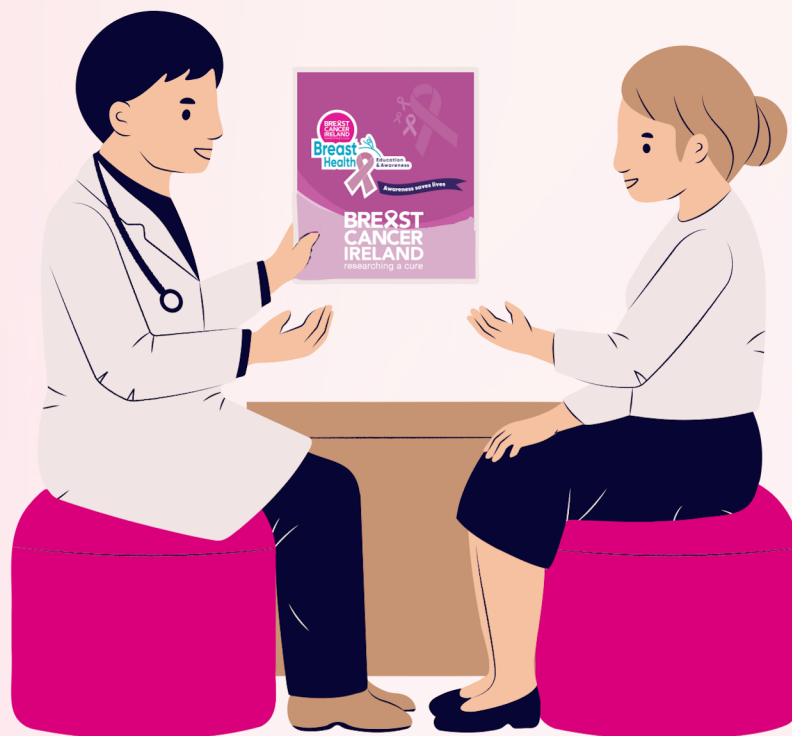
**BREXST
CANCER
IRELAND**
researching a cure

www.breastcancerireland.com



This handbook is about breast health and checking your breasts regularly for signs of breast cancer.

www.breastcancerireland.com



**Ask someone to read
this handbook with you.**



Breast cancer has lots of signs and symptoms not just lumps.

You need to check your breasts every month for any changes.



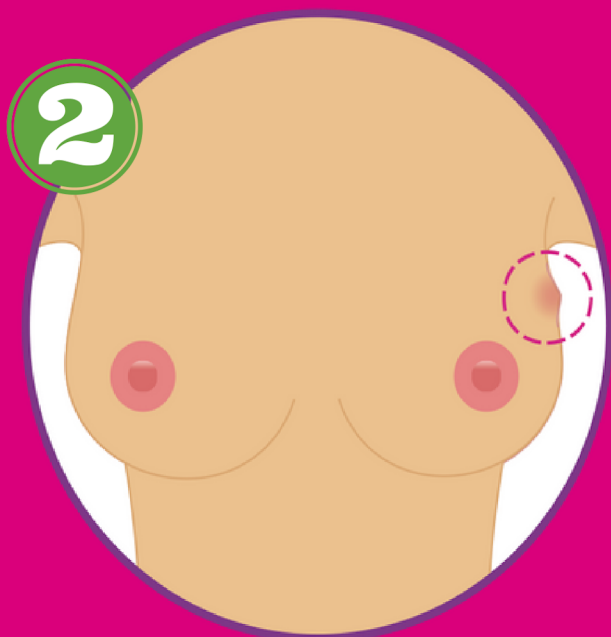
If you find something different on your breast area you need to tell your Doctor.

If it is breast cancer, there are lots of things the Doctors and Nurses can do to help you get better.

SIGNS AND SYMPTOMS



You might notice that your skin has become uneven and dips in and out.



You might find a lump in the breast or under your arm.

SIGNS AND SYMPTOMS



You might notice a change in the size or shape of one or both breasts.



You might feel lumps under your skin.

SIGNS AND SYMPTOMS

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You might find a change in the skin around your nipple or discharge from your nipple.

The discharge can be clear, yellow or have blood in it.

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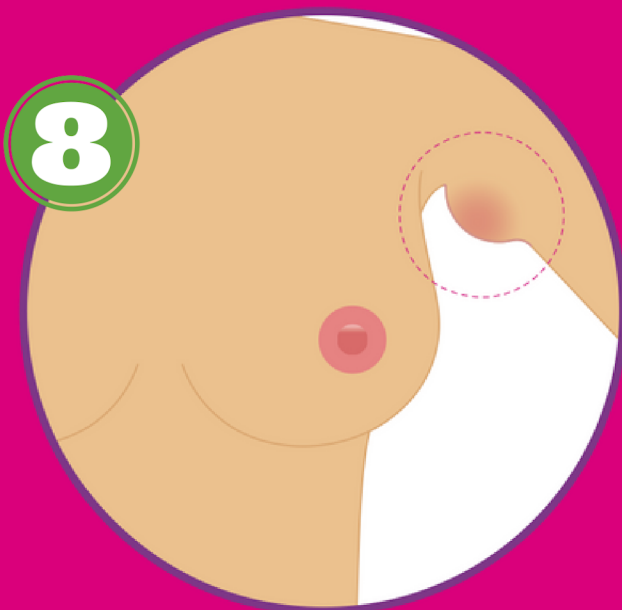


Look for a change in the shape of your nipple, if it is now pointing inwards.

SIGNS AND SYMPTOMS



One breast lower than the other.



You might notice a swelling in the armpit.



If you have any of these signs or if you want to know more about breast cancer, ask your Nurse or Doctor.

For more information contact www.breastcancerireland.com or scan this barcode



www.breastcancerireland.com

This document was produced by Breast Cancer Ireland in collaboration with Clinical Nurse Specialist-Health Promotion and Speech & Language Therapy departments in Stewarts Care DAC. We would especially like to thank the group of ladies who are supported by Stewarts Care and who kindly contributed to the design and development of this document. Stewarts Care is a voluntary organisation providing comprehensive community based and residential services to people with an intellectual disability in West Dublin, Meath, and Kildare.

The pictures used in this handbook are from Breast Cancer Ireland, Photosymbols® and Google Images.

