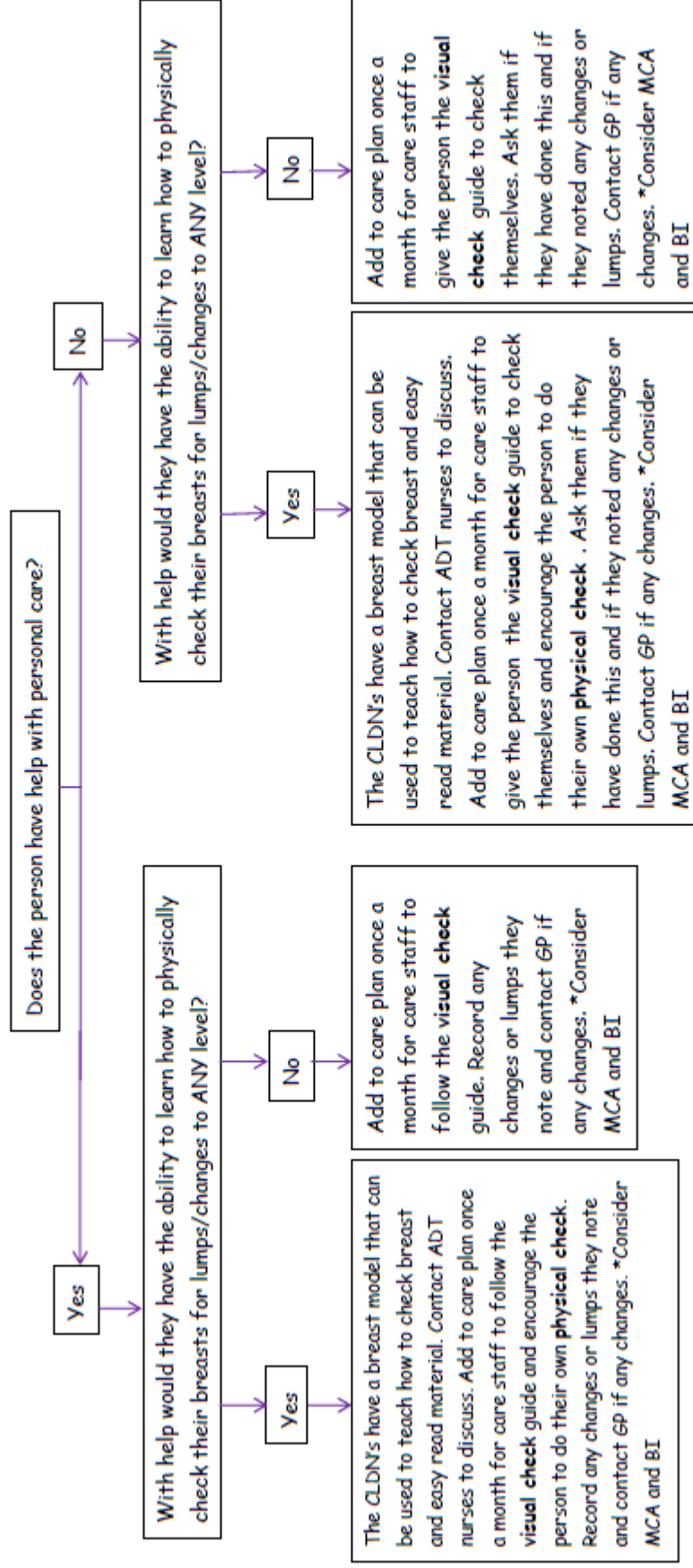




# Check your breasts for lumps

## A Guide for checking breasts

Breast cancer affects 1 in 8 women so it is vital to ensure that these checks are included in a care plan and followed to help support people with LD check their breasts. Around 400 men a year are also diagnosed with breast cancer so it is important to be aware of this.



\*It is important to consider mental capacity and act in the person's best interest if the person is not deemed to have capacity around this decision. C.U.R.B. can be used to help aid your assessment regarding capacity. [Communicate Understand Retain Balance]

Useful websites: [www.coppafeel.org](http://www.coppafeel.org)

<http://www.cancerresearchuk.org/about-cancer/breast-cancer>



# Visual Breast Checks



Breast cancer is the most common cancer in the UK; 1 in 8 women and 1 in 870 men will be diagnosed with breast cancer in their lifetime (Cancer research UK, 2014).

Many people with learning disabilities have annual health

checks every year and this may be the only time they have an opportunity to have a physical breast check.

Many people with a learning disability will not have the ability or mental capacity to know how and why to check their own breasts regularly for changes which may indicate breast cancer. This puts them at a greater risk as early diagnosis is key to successful treatment.

Carers are not able to do physical checks however they can do visual checks on people they provide personal care for. These visual checks can be built into personal care plans to ensure these checks are completed regularly and any changes are checked with their GP.

# What To Do



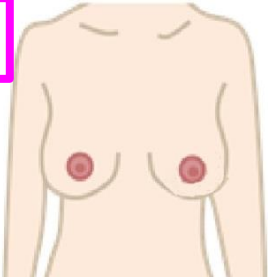
**Once a Month everyone should check their breasts:-**

- 1. Look at the Guide for checking breasts and make a monthly breast check plan from this**
- 2. If you wash and dress independently, then once a month someone who supports you should laminate a copy of both the physical and visual check guides and remind you to do this. You or they should fill in the recording form.**
- 3. If you have help with washing and dressing then the person who helps you should laminate a copy of both the physical and visual check guides and should do the visual check with you. They should encourage you to do as much of a physical check on yourself as you can. They should fill in a recording form.**
- 4. Carers must consider your capacity and where someone lacks capacity to understand why visual checks are carried out, they should evidence that a best interest decision has been made.**



# Doing a Physical Breast Check

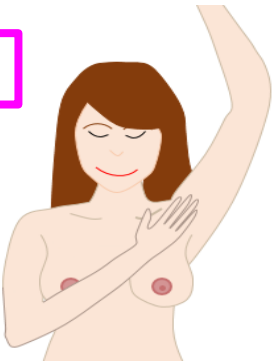
1



Look at your breasts in the mirror. Check how they look.

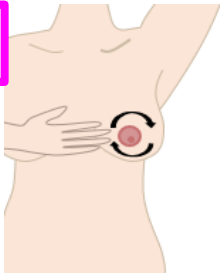
- Can you see any lumps?
- Can you see any swelling ?
- Can you see any new changes in size or in your skin?

2



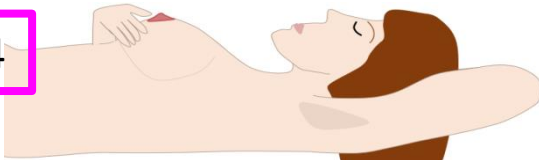
Raise one arm so you can feel for any lumps in your arm pit and just below. Do the same again with the other arm.

3



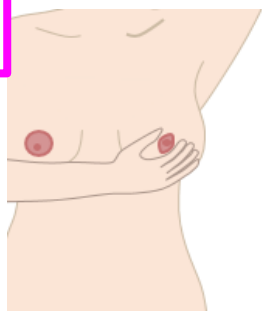
With one arm raised use your other hand to press around the breast in a circle. Do this again with the other arm raised.

4



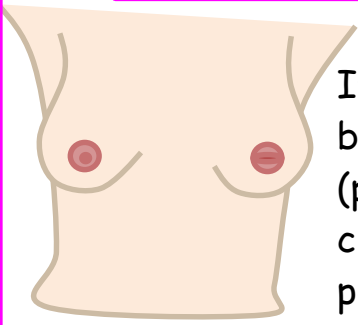
Lay down and place one arm above behind your head. With the other hand using your middle fingers press around the breast in a circle.

5

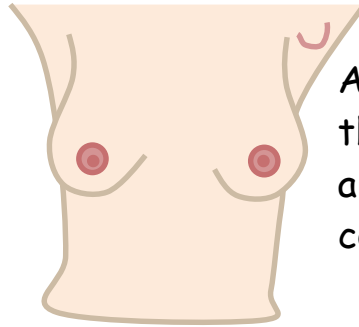


Use your fingers and your thumb to gently squeeze each nipple. if you see that it leaks you need to make an appointment with your doctor straight away.

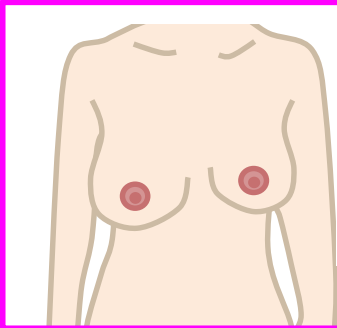
# Doing a visual breast check



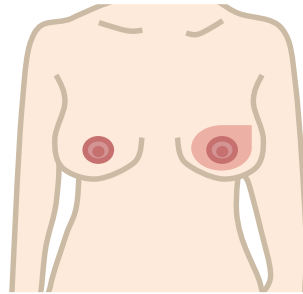
If the nipple becomes inverted (pulled in) or changes its position or shape.



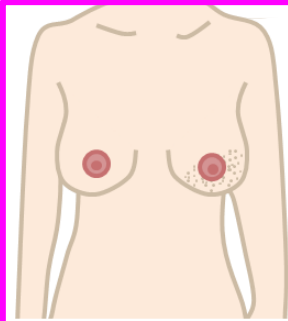
A swelling in the armpit or around the collar bone.



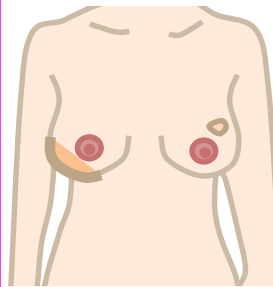
A Change in shape or size of breast.



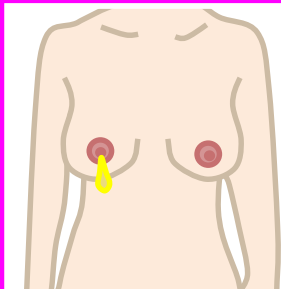
Redness or heat rash on the skin and or around the nipple.



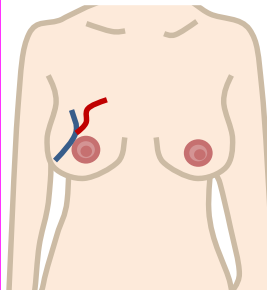
A change in the texture of the skin such as puckering or dimpling (like the skin of an orange)



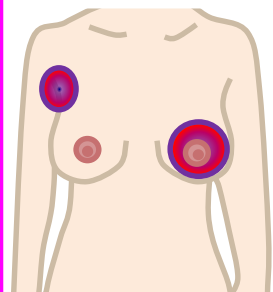
A lump or a thickening that looks different from the rest of the breast tissue.



Discharge (liquid) from one or both of the nipples.



New or growing vein.



Constant pain in your breast or your armpit.



Any Changes need to be Checked Out with the GP

