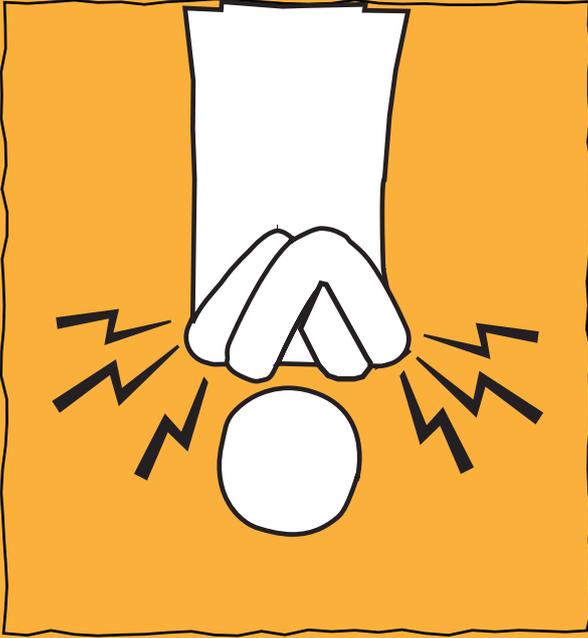


Action Update



Out of homelessness

Groundswell

What is an Action update?

At Groundswells we support people that are experiencing homelessness to attend over 3000 Health appointments a year. Each month our Action Update highlights a topic which people told us is important to them and offers practical advice around that issue.

Key fact: Breast cancer...

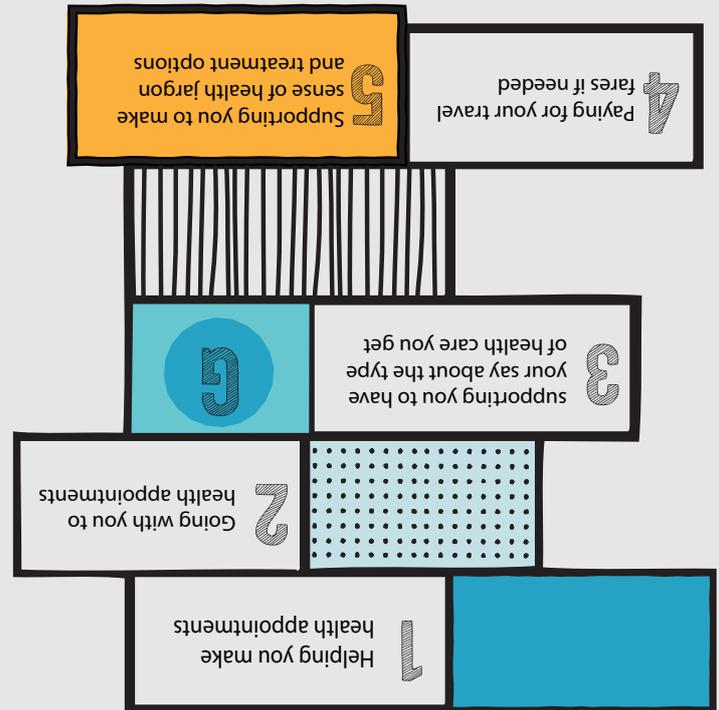
1 32% of cancers diagnosed in woman are breast cancer

2 1 in 8 woman in the UK will be diagnosed with breast cancer at some point

3 the survival rate is 89% for 5 years 83% for 10 years

for more information go to
<http://www.breastcanceruk.org.uk>
<http://www.macmillan.org.uk>

Health Peer Advocates all have personal experience of homelessness and have been trained by Groundswell. Call us to see if we work in your area.



Need help to see a doctor or dentist in London? Health Peer Advocates will help you get your health problems sorted by:

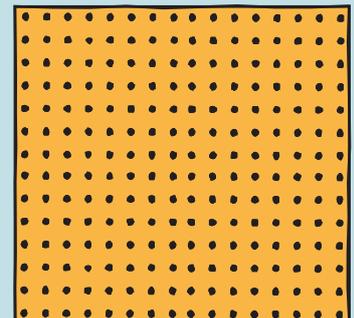
what we heard and saw...

We spoke to our health peer advocates about breast cancer and this is what they told us:

“Every now and then I have a feel. To be honest I try not to think about it much”

“I was surprised the mammogram only took 5 minutes”

“I was really scared waiting for the results. The staff where very kind and supportive”



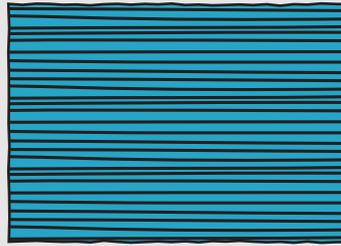
Groundswell

Out of homelessness

Action update: Breast cancer

Causes of breast cancer

The exact causes of breast cancer aren't fully understood. However, there are certain factors known to increase the risk of breast cancer. These include: Age – the risk increases as you get older, a family history of breast cancer, excessive use of alcohol, a previous diagnosis of breast cancer, a previous benign breast lump, being tall, overweight or obese for more information look on <http://www.nhs.uk>



There's no right or wrong way to check your breasts. Although it's important you do

What is important is to know your breasts

Also how they look and feel. If you notice any changes you can get help from your GP
You should do your self-examination once a month
Follow these 3 step to explain what to do and when.



In Front of a Mirror

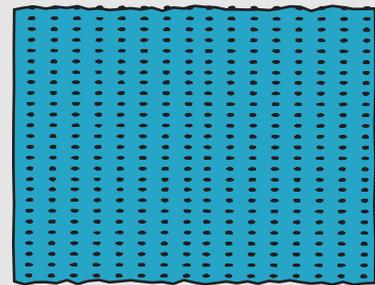
Look at your breasts with your arms by your sides. Then raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

1

Lying Down

When lying down, the breast spreads out evenly along the chest. Put a pillow under shoulder and arm behind your head. Using your hand, move your fingers around your breast gently in small circular motions covering the entire breast area and armpit. Squeeze the nipple; check for discharge and lumps. Repeat for your left breast.

2



Shower

Using your fingers, move around your entire breast in a circular direction moving from the outside to the centre, checking the entire breast don't forget your armpit area. check both breasts every month feeling for any changes remember to get lumps evaluated by GP.

3



www.groundswell.org.uk



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