



# Studio News

## BREAST CANCER AWARENESS MONTH

**Written by Keeley Clark, with statistics from Breast Cancer Now**

October is a good month, not only is it the Willow Foundations annual 10k and Stoptober, it is also Breast Cancer Awareness Month. All month you will see local events popping up to raise money for charity.

Breast cancer is the most common cancer in women in the UK with one woman diagnosed every 10 minutes. Around 55,000 women and 370 men are diagnosed with breast cancer every year in the UK.

From my own personal experience, by the time I was 40 I had 2 close friends who had been diagnosed with breast cancer, and I myself was about to embark on my own journey with it. Since then I have met many people going through their own experiences, including my mother.

While there are more of us being diagnosed with cancer there are more of us beating it. Almost nine in ten (85%) women survive breast cancer for five years or more and breast cancer survival has doubled in the past 40 years in the UK due to a combination of improvements in treatment and care, earlier detection through screening and a focus on targets, including faster diagnosis.

We can all take steps to help minimise our chances of getting breast cancer by making small healthy changes, including reducing our alcohol intake, maintaining a healthy weight and keeping physically active. Checking your breast regularly is a key step to help detect cancer early on. On the following page we have included tips and guidance from Breast Cancer Now for checking your breasts

### WHAT'S IN THIS MONTH'S ISSUE:

- Breast Cancer Awareness Month
- Upcoming Events



# Upcoming Events



## WEAR IT PINK FOR BREAST CANCER AWARENESS

21ST OCTOBER

Join us at The Oak House for Wear it Pink to help power life changing breast cancer research and support. Whether its a pink pair of socks or a full head to toe pink outfit. We will have fun games like The Big Pink Quiz, Guess The..... along with a Bake Sale. You are invited to join the fun, grab a piece of cake (or even donate a cake). You don't need to do a class or have a treatment booked, just drop in!

## CHAIR THERAPY YOGA WITH LARISSA MCGOLDRICK

Mondays @ 10:45am - 11:45am

This is a gentle form of yoga carried out while seated or using the chair to assist you through your poses . It is an excellent way for people with health implications or older adults to experience the fantastic benefits of yoga.

Relieving cramps and stiffness, improving flexibility and creating a happy mental state are just a few benefits that chair yoga give us.



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

[www.theoak-house.co.uk](http://www.theoak-house.co.uk)

<https://www.justgiving.com/fundraising/theoakhousewearitpink>



**TOUCH YOUR BREASTS** Can you feel anything new or unusual?

**LOOK FOR CHANGES** Does anything look different?

**CHECK ANY CHANGES WITH YOUR GP**



Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for **changes**.

No matter what size or shape your breasts are, **check them regularly**.

Some of these signs and symptoms may appear differently on various skin tones.

## COMMON SIGNS OF BREAST CANCER INCLUDE...



A **lump or swelling** in the breast, upper chest or armpit



A **change to the skin**, such as puckering or dimpling



A **change in the colour** of the breast - the breast may look red or inflamed



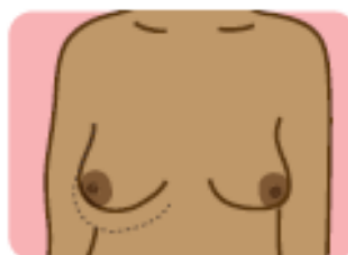
A **nipple change**, for example it has become pulled in (inverted)



**Rash or crusting** around the nipple



**Unusual liquid (discharge)** from either nipple



**Changes in size or shape** of the breast

### BREAST PAIN

On its own, pain in your breasts is not usually a sign of cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

**i** These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.

Find more TLC resources at [wearitpink.org/extras](http://wearitpink.org/extras)

**TOUCH  
LOOK  
CHECK™**

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