

Emma Cooper
Friends of the Cancer Centre's Breast Bud Ambassador
Diagnosed with breast cancer at 41 years old

BE YOUR OWN BREAST BUD

Friends^{of}
the
cancer centre



A LITTLE ABOUT US

Friends of the Cancer Centre is a local charity working to enhance the quality of care for cancer patients and their families in Northern Ireland.

Based in the Northern Ireland Cancer Centre at Belfast City Hospital, the charity's work extends to support cancer services in the North West Cancer Centre at Altnagelvin Hospital, The Royal Belfast Hospital for Sick Children, Antrim Area Hospital and Craigavon Area Hospital.

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Gemma Potter
Friends of the Cancer Centre's
Secondary Breast Cancer Nurse

WHAT WE DO

Friends of the Cancer Centre is here to enhance the quality of patient care and support through our life-changing and life-saving work.

The charity relies on the generosity of the local community and all money donated stays in Northern Ireland, directly benefitting patients and their families.

THE FOUR KEY AREAS OF OUR WORK ARE:



Patient care



Patient comfort



Research



Cancer awareness

EVERY YEAR IN NORTHERN IRELAND 1,400 PEOPLE ARE DIGNAOSED WITH BREAST CANCER.

EARLY DIAGNOSIS IS REALLY IMPORTANT, SO A KEY PART OF FRIENDS OF THE CANCER CENTRE'S WORK IS ENCOURAGING PEOPLE TO BE AWARE OF THE SIGNS AND SYMPTOMS OF BREAST CANCER AND TO CHECK THEMSELVES REGULARLY.

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BE YOUR OWN BREAST BUD

Friends of the Cancer Centre's Breast Bud campaign helps raise vital awareness of the signs and symptoms of breast cancer, the most common cancer impacting women locally.

The campaign focuses on a self-check hanger, which has been developed with the expert guidance of Friends of the Cancer Centre's specialist breast cancer nurses.

The waterproof hanger, which can be placed in the shower or bathroom, has a step-by-step guide on how you should check your breasts and chest, as well as what you should look out for.

Since the campaign launched, the charity has shared nearly 15,000 self-check tools across Northern Ireland.



GET YOUR **BREAST BUD** SELF-CHECK HANGER



Order online www.friendsofthecancercentre.com



Pick yours up from Friends of the Cancer Centre's office at the Northern Ireland Cancer Centre



SCAN HERE



OR PRINT
AND SHARE
THE POSTER
ON THE
NEXT PAGE

Be your own Breast Bud

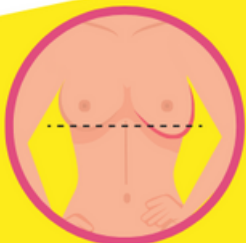
Get into the habit of checking your breasts and chest once a month.

HERE'S HOW
TO CHECK



1. Put one hand behind your head.
2. With your other hand, use the pads of your fingers to examine your breast and chest area in circular movements.
3. Walk your fingers around your breast and chest area, checking all areas including your armpit and up to your collarbone.
4. First feel lightly and then deeper.
5. Repeat all stages for the other side.

What to look out for



Change in size or shape.



Nipple changes such as turning in, or a change in position and shape.



A lump or thickening that feels different from other breast tissue.



A swelling in your armpit or constant pain in either breast or under your arm.



Redness, rash or change in skin texture such as dimpling or puckering.



Discharge from the nipple

Get to know your breasts so you know what is normal for you.

If you find anything you're worried about, tell your doctor and get it checked out.



**"PLEASE GET ONE OF THE CHARITY'S
BREAST BUD SELF-CHECK HANGERS AND
START CHECKING YOURSELF.**

"IT COULD SAVE YOUR LIFE."

**EMMA COOPER
FRIENDS OF THE CANCER CENTRE'S BREAST BUD AMBASSADOR**



SECONDARY BREAST CANCER

THERE ARE APPROXIMATELY **35,000 PEOPLE** IN THE UK LIVING WITH SECONDARY BREAST CANCER.

SECONDARY BREAST CANCER OCCURS WHEN BREAST CANCER CELLS SPREAD TO ANOTHER SITE IN THE BODY.

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WHAT IS SECONDARY BREAST CANCER?

Secondary (Metastatic) Breast Cancer occurs when cells from a primary breast cancer spread to elsewhere in the body.

Secondary breast cancer is not the same as breast cancer recurrence.

Unfortunately, treatment for secondary breast cancer is not curative. Treatment can control the cancer, manage symptoms and help to improve your quality of life.

SIGNS AND SYMPTOMS OF SECONDARY BREAST CANCER

Many symptoms of secondary breast cancer are very similar to those of other conditions.

If you have any symptoms which are unusual for you, have no other explanation and do not go away, it is always important to have these checked out.

Whilst it is impossible to list all potential symptoms, there are some things you can look out for.

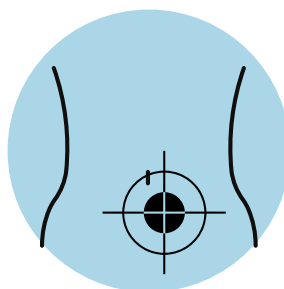
WHAT TO LOOK OUT FOR



Unexplained bone pain, fractures, difficulty walking, numbness



Breathlessness, persistent cough, chest tightness



Abdomen pain, jaundice, nausea, weight loss



Headaches, dizziness, speech & vision problems



Change in skin colouring, painless lumps, persistent rash



**“THE CHARITY’S NURSES HAVE BEEN HERE
FOR ME FROM DAY ONE.**

**“THE SUPPORT PROVIDED BY FRIENDS OF THE
CANCER CENTRE IS VITAL AND AS SOMEONE
WHO HAS BENEFITED FROM ITS WORK FOR
ALMOST 10 YEARS, I AM INCREDIBLY
GRATEFUL TO EVERYONE WHO DONATES AND
RAISES MONEY FOR SUCH AN IMPORTANT
CAUSE.”**

**ANN MCBRIEN
LIVING WITH SECONDARY BREAST CANCER**



**WE UNDERSTAND A CANCER
DIAGNOSIS CAN BE FRIGHTENING, BUT
WE ARE HERE TO SUPPORT YOU AND
YOUR LOVED ONES EVERY STEP OF
THE WAY.**

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FRIENDS OF THE CANCER CENTRE'S SPECIALIST NURSES

If you or a loved one is diagnosed with breast cancer, Friends of the Cancer Centre is here to support you.

The charity funds 51 *additional* members of staff throughout cancer services in Northern Ireland. This includes doctors, researchers, complementary therapists and our 22 specialist nurses.

OUR SPECIALIST NURSES



Elaine Shaw

Friends of the
Cancer Centre's
Breast Oncology
Clinical Nurse
Specialist



Annette Quinn

Friends of the
Cancer Centre's
Breast Cancer
Clinical Nurse
Specialist



Gemma Potter

Friends of the
Cancer Centre's
Secondary Breast
Cancer Nurse

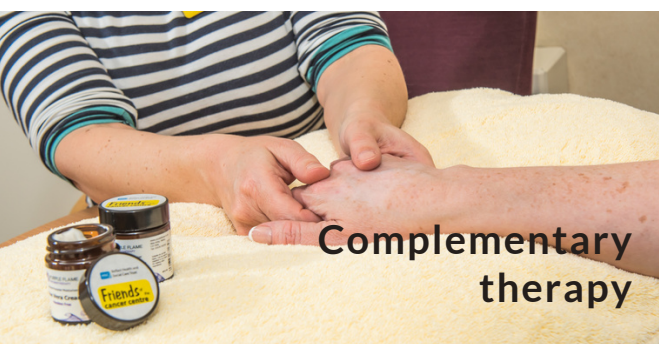
OTHER WAYS WE CAN SUPPORT YOU



Financial
support



Free tea
and coffee



Complementary
therapy



Exercise and
relaxation
classes

A HELPING HAND WHEN YOU NEED IT MOST

We understand that a cancer diagnosis and treatment can impact on many parts of a person's life, which is why we fund and provide a range of services that can help make a difficult time a little bit easier.

You can find out more about the support the charity can offer on our website.

Find out more at
www.friendsofthecancercentre.com

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**EVERYTHING WE DO RELIES ON THE
GENEROSITY OF PEOPLE WHO DONATE
AND FUNDRAISE FOR THE CHARITY.**

YOU CAN HELP US MAKE A DIFFERENCE.

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THE POWER OF FRIENDS

If you, your place of work, sports club or community group would like to support Friends of the Cancer Centre there are lots of ways you can get involved.

Visit our website

www.friendsofthecancercentre.com
for details of our events and how to sign up.

Or contact us with your own fundraising ideas. Call the team on 028 9069 9393 or email info@friendsofthecancercentre.com

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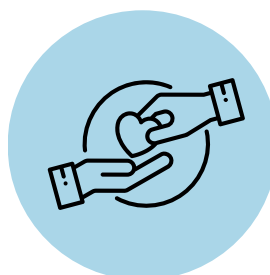
WAYS YOU CAN GET INVOLVED



Take part in one of our amazing events throughout the year, like our Take on the Tower Abseil or Slieve Donard Challenge



Plan your own event such as a coffee morning



Make a donation



Choose Friends of the Cancer Centre as your charity partner



Join #TeamFriends and volunteer your time to help us with local collections and events

FUNDRAISE FOR FRIENDS



**Route 66
Challenge**



**Festive
Fundraising**



Skydive



**Cuppa with
Friends**



Visit our website for more information and to register

www.friendsofthecancercentre.com



info@friendsofthecancercentre.com



028 9069 9393



www.friendsofthecancercentre.com

**Friends of the Cancer Centre, Northern Ireland Cancer
Centre, Belfast City Hospital, Lisburn Road, Belfast BT9 7AB**

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