

Know the facts

Be breast aware

EARLY DETECTION SAVES LIVES

ABS
ASSOCIATION OF
BREAST SURGERY

THE INCIDENCE

1 in 7

Women in the UK will develop breast cancer during their lifetime

Breast cancer can affect anyone.

THE NUMBERS

59,400

People are diagnosed with breast cancer in the UK each year

~59,000 women | ~420 Men
More than 160 diagnoses each day.

THE RISK

50+

Most breast cancers are diagnosed in women over 50

Age is one of the strongest risk factors. Screening can help detect cancers early.

BREAST CANCER & ETHNICITY

Breast cancer outcomes can vary between communities. Reducing these inequalities can help improve outcomes for all women.

WHY BE BREAST AWARE?

Knowing what's normal can help you spot changes early, which makes treatment more likely to be successful.



ANYONE CAN BE AFFECTED

Breast cancer affects women from all ethnic backgrounds.



DIFFERENCES EXIST

Incidence, age at diagnosis and outcomes can vary between communities.



REDUCING INEQUALITIES MATTERS

Improving awareness and access to care can support earlier diagnosis and better outcomes.

Remember: Breast cancer risk is influenced by a range of factors including age, family history, genetics, body weight, alcohol consumption, physical activity and other factors.



SPOT CHANGES EARLY

Check your breasts regularly. Look for changes in size, shape, skin, nipple or any lumps.



ATTEND SCREENING

Mammograms can detect cancer before you can feel it. It's usually offered to women aged 50-70 every 3 years (or earlier if you're at higher risk).



KNOW YOUR RISK

Family history, lifestyle and certain health conditions can increase your risk. Talk to your GP if you're concerned.



ACT ON CHANGES

If you notice anything unusual, get it checked. Don't wait. Talk to your GP.