

Be Clear On Cancer
Breast cancer in women over 70 years
22 February – 31 March 2018

Each year around a third of women diagnosed with breast cancer in England are aged 70 years and over; that is one in three women, so don't think it's too late. If breast cancer is detected early, it is more treatable and could save your life.

Breast cancer survival is lower in older women and research shows they are likely to delay presenting to their GP with breast cancer symptoms. A lump isn't the only sign of breast cancer. If you notice any changes to your breasts, tell your doctor straight away.

Possible signs of breast cancer include:

- A lump or thickening in your breast or armpit;
- Changes to the skin of your breast;
- Changes in the shape, size or feel of your breast;
- Nipple changes;
- Nipple discharge;
- Pain in your breast;
- Any other unusual or persistent changes to your breasts.

If you have any of the above symptoms, please contact your GP practice.

To reduce your chances of getting breast cancer

- Maintain a healthy weight;
- Cut down on alcohol;
- Keep fit and stay active;
- Reduce your exposure to harmful chemicals;
- Reduce use of HRT and consider alternatives to oral contraception.

If you're over 70 years of age, you can ask for free screening every three years. Just get in touch with your local breast screening unit to make an appointment (find your local unit on NHS Choices at [nhs.uk/breastscreening](https://www.nhs.uk/breastscreening/)).

For more information visit <https://www.nhs.uk/conditions/breast-cancer-screening/>