



—Wendy with Matthew Gough

Wendy Gough's son Matthew died of Testicular Cancer at just 19, having ignored signs of cancer for 6 - 7 weeks, before going to see his doctor. He was angry that he hadn't been taught 'how to check' and the importance of early detection of cancers whilst at school, if he had, this knowledge would have saved his life.

This Charity was set up to raise awareness of early cancer symptoms and now gives talks on the signs of Testicular, Prostate (older men) and Breast Cancers to students. These talks are giving knowledge and empowering the young in life skills - this means the chance of surviving cancer!

WGCAF also offers support to newly diagnosed patients and their families.

In memory of Matthew Gough age 19.

**We are all about creating awareness.**

**if in doubt,  
get yourself  
checked out!!**

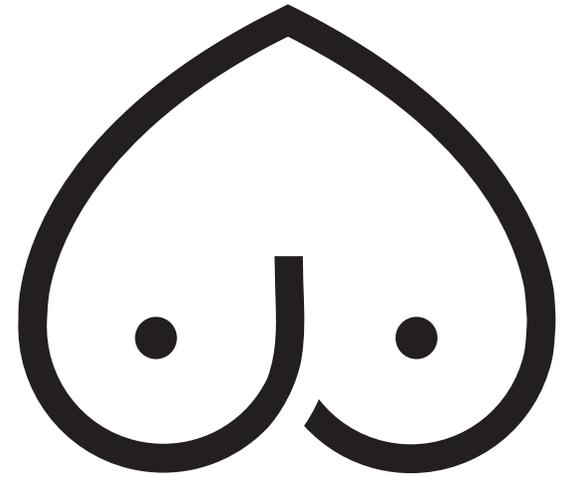
wendy gough  
**cancer  
awareness  
foundation.**



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REG CHARITY 1147808

# breast cancer awareness



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# 47,700 Women and 370 Men are diagnosed each year in the UK with Breast Cancer.

## risks

Most women will survive at LEAST 10 years from diagnosis.

1/2 of men will die as they don't know they can get breast cancer (BC) or what the symptoms are.

Only 25 girls under 25 gets BC in the UK each year. 1 in 1900 under the age of 30. 1 in 50 from the age of 50. 1 in 10 by the age of 80.

Having 2 or more 1st degree relatives (mother, sister, uncle on one side of your family) who have had Breast Cancer increases your risk by 3 – 5%.

Taking the combined contraceptive pill can significantly increase your risk of BC but also protects against other cancers (Ovarian & Uterine) and unwanted pregnancy.

Excessive alcohol (binge drinking) increases your risk by 6% – 30% and increases weight and lowers immunity.

## LOOK at your breasts

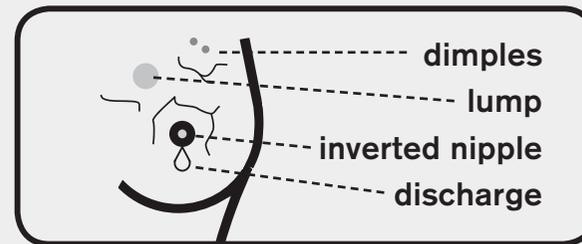
\_Stand in front of mirror with your hands at sides. Raise your arms above head slowly.

\_Place hands on hips, press down until your chest muscles tighten, turn to left and right to check outer sides.

\_Lastly lean forward, swing from side to side.

**You will be able to notice any changes in how your breasts look or move.**

## changes to LOOK for are...



**1. Changes in shape** / size of your breasts.

**2. Dimpling** of skin.

**3. Skin pitting** (orange peel effect).

**4. Nipple** turned-in (new).

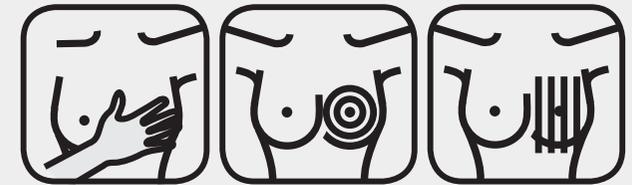
**5. Swelling or a lump** in the breast, collar bone or armpit.

**6. Discharge** from nipple (unless breastfeeding).

**7. Rash or crusting** on nipple or surrounding.

**8. Veins** stand out more than usual.

## how to FEEL for changes



**using  
finger  
pads**

**feel in  
circular  
motions**

**feel in  
up/down  
motions**

**A good time to check your breasts is in the bath or shower, 7 – 10 days after the start of your period.**

\_Examine the breast in ever decreasing circles or up and down when you are lying on the bed (put a rolled up towel under your arm).

\_Use the pads of fingers rather than your fingertips. No poking!

\_Carefully examine your breast (3x: gentle pressure / deeper / & deeper).

\_Cover the whole breast starting from under the armpit, across to breast bone, under breast & along the collar bone

\_REMEMBER 9 out of 10 breast lumps are not cancer!

**If you notice any change in your breast that is unusual for YOU go and see the doctor. You know your breasts the best. If you think there is something different, check it out ask for a scan!**