

The Essentials

5 Points in 5 Minutes

Prevent Breast Cancer

We are the **only UK charity** dedicated solely to the prediction and prevention of breast cancer.

We promote **early diagnosis, screening and lifestyle changes** as well as conducting ground-breaking research.



Know your risk

- Age
- Family history
- Lifestyle



How you can help us to Prevent Breast Cancer?

- Sign up to our regular e-bulletins
- Fundraise with us
- Take on a sports challenge
- Get your workplace involved



We'd love to hear from you! Email info@preventbreastcancer.org.uk

The facts

Breast cancer is the **most common** cancer for women in the UK and the biggest cause of death in women aged 35-49.

Every year, over 55,900 individuals are diagnosed and around 11,500 lose their lives to breast cancer.

Yet in 2021, the government directed just 4.7% of its spending to prevention and early detection of all diseases (excluding Covid-19).

Incidence of the disease is **increasing** across the world.



Check yourself & take action

Remember to **check yourself** regularly, for guidance visit: www.preventbreastcancer.org.uk

Get to know your breasts so that you can spot any unusual changes.

If you see something unusual or have **any concerns**, book an appointment with your GP.

When invited to attend a breast screening, make sure you book your appointment.

