

5 tips to promote breast health



Breast Cancer Awareness



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By Health Shield's Wellbeing Team

Breast Cancer Awareness Month reminds us to honor survivors, support those currently battling the disease, and focus on prevention and early detection.

Together, as a workplace, we have the opportunity to create a space where health and wellbeing are prioritised - not just this month but year-round.

Breast cancer is the most common cancer worldwide, with one woman in the UK diagnosed every 10 minutes. Yet, the good news is that prevention and awareness go a long way—at least 30% of breast cancer cases are preventable¹. By encouraging informed, proactive care within your team, you can help save lives. Stay informed about breast health by helping catch signs early.

5 tips to promote breast health

1 Know what's normal for you

Encourage your team members to familiarise themselves with how their breasts or chest normally look and feel. Understanding “what's normal” is key to identifying any unusual changes early.

2 Perform monthly self-exams

Regular self-checks empower individuals to notice potential signs early. A monthly routine can make a life-saving difference.

Here's how to perform a thorough self-exam:

Step 1: Stand in front of a mirror with shoulders straight and arms on hips. Look for visible changes, such as dimpling, puckering or shifts in nipple shape or position.

Step 2: Raise arms and check for any of the same changes.

Step 3: Look for signs of fluid from one or both nipples (watery, milky, yellow, or bloody).

¹ [Breast Cancer UK Org](https://www.breastcancer.org.uk)

Step 4: Lie down and use circular motions with your fingers to feel for lumps or thickening throughout the breasts and armpit area.

Step 5: Repeat the process while standing or sitting, such as during a shower when the skin is slippery.

3 Report any changes

If lumps are noticed, thickening, pain, or other unusual signs, they should see a healthcare provider promptly. Stress the importance of consulting a GP if there are any persistent changes.

4 Use tools for reminders

Use resources like apps or health initiatives like the “Breast Check Now”, an app offers monthly reminders and step-by-step guidance.

5 Promote preventative steps

According to the NHS you cannot always prevent breast cancer but going for breast screening (mammogram) when you are invited can help find cancers that are too small to see or feel.

However, there are things you can do to lower your chance of getting breast cancer.

- Try to cut down on alcohol and avoid drinking more than 14 units a week
- Try to lose weight if you are overweight
- Try to quit smoking
- Talk to your GP if you are worried about the affect the contraceptive pill or hormone replacement therapy may have on your risk of breast cancer².

Engaging in Breast Cancer Awareness at work

Employers play a vital role in raising awareness, support, and action. Here's how your workplace can make a difference this Breast Cancer Awareness Month and beyond:

- **Support charities:** Rally your team to host events such as bake sales, sponsored walks, or donation drives supporting breast cancer charities
- **Create a safe space:** Being diagnosed with breast cancer can be overwhelming. It's important to know that support is available, and employers can play a role in guiding colleagues to trusted resources.

² [NHS Breast Cancer in women](#)

Additional resources

Share information about free resources like Macmillan Cancer Support (0808 808 00 00), which offers emotional help and practical advice:

[Macmillan Cancer Support](#)

[Breast Cancer Now](#)

[Cancer Research UK](#)

Show support, engage in meaningful conversations, and make promoting breast health part of your team's shared values.

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