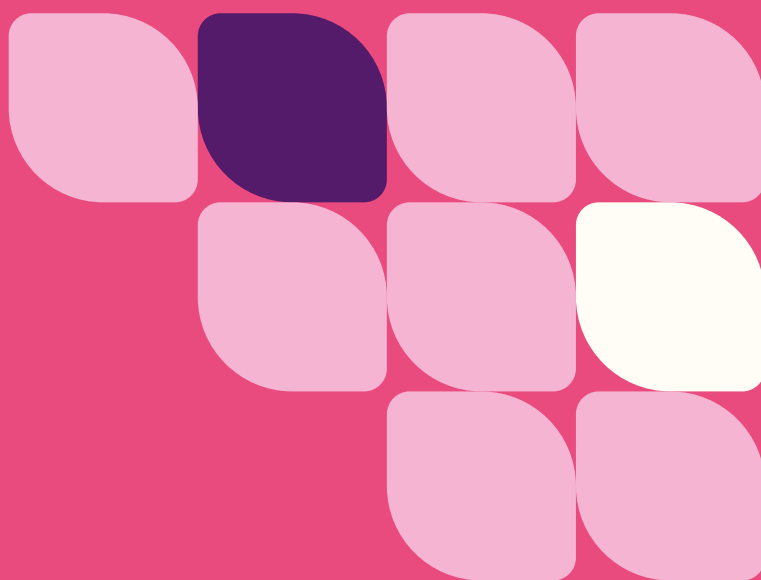




HEALTH INFORMATION PUBLICATIONS

2026/27



WE ARE BREAST CANCER NOW

We're the UK's leading breast cancer charity. And we're combining the power of science and support to change breast cancer.

Our health information is written by clinical specialists and reviewed by healthcare professionals and people affected by breast cancer. All our titles are free.

If you would like to find out more, visit **breastcancer.org** or call our helpline on **0808 800 6000** (For Next Generation Text service prefix 18001). Our helpline has a free translation service so that people can call and speak to a breast care nurse in their preferred language.

Most publications are available to download in PDF format from our website, where you can also find the titles we have in e-book and audio formats. If you can't see what you're looking for here, we have additional information on our website.

Visit: **breastcancer.org/publications**
Email: **health-info@breastcancer.org**

This list includes all our printed publications, but we have webpages that cover other related information. Go to **breastcancer.org/about-breast-cancer**

To order any of the following see the "How to order" section.

BREAST HEALTH



BCC2

Know your breasts: a guide to breast awareness and screening

The sooner breast cancer is diagnosed, the more effective treatment may be. This leaflet shows how to be breast aware, the signs and symptoms of breast cancer to be aware of, and what to do if you notice a change.

Other titles available

- BCC211 **Know your breasts - quick guide (pocket-sized)**
- BCC227 **Know your breasts - quick guide Arabic**
- BCC217 **Know your breasts - quick guide Bengali**
- BCC237 **Know your breasts - quick guide French**
- BCC219 **Know your breasts - quick guide Gujarati**
- BCC218 **Know your breasts - quick guide Hindi**
- BCN241 **Know your breasts - quick guide Polish**
- BCN245 **Know your breasts - quick guide Portuguese**
- BCC226 **Know your breasts - quick guide Punjabi**



BCN247

TLC awareness postcard

This handy awareness postcard (A6) lists the common signs of breast cancer, for anyone.

- BCN242 **Know your breasts - quick guide Romanian**
- BCN243 **Know your breasts - quick guide Simplified Chinese**
- BCN264 **Know your breasts - quick guide Somali**
- BCN246 **Know your breasts - quick guide Spanish**
- BCN254 **Know your breasts - quick guide Ukrainian**
- BCC216 **Know your breasts - quick guide Urdu**
- BCC215 **Know your breasts - quick guide Welsh**
- BCC196 **Your guide to a well-fitting bra**

WORRIED ABOUT BREAST CANCER



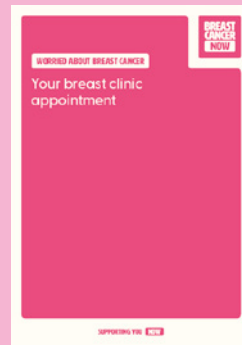
BCN240

Reducing your risk of breast cancer

This leaflet explains how making some simple lifestyle changes could help you reduce your risk of breast cancer.

Other titles available

BCN244 **Family history of breast cancer: managing your risk**



BCC70

Your breast clinic appointment

This booklet explains what to expect at a breast clinic appointment, including the different tests you may have.

BENIGN BREAST CONDITIONS



BCC71

Breast pain

This booklet is for women who have breast pain, also known as mastalgia. It explains the different types of breast pain and how they are treated. There is also a breast pain chart to help monitor pain.

Other titles available

BCC77 **Breast calcifications**

BCC82 **Duct ectasia**

BCC76 **Fat necrosis**

BCC72 **Fibroadenoma**

BCC155 **Gynaecomastia**



BCC73

Breast cysts

This leaflet explains what breast cysts are, how they're found and what will happen if they need to be treated.

BCC78 **Hyperplasia and atypical hyperplasia**

BCC79 **Intraductal papilloma**

BCC126 **Lobular neoplasia**

BCC154 **Periductal mastitis**

BCC80 **Sclerosing lesions of the breast**

BREAST CANCER DIAGNOSIS



BCC44

Diagnosed with breast cancer: what now?

This booklet is for anyone who has recently been diagnosed with primary breast cancer. It offers tips on coping in the weeks or months after diagnosis, getting the information you need and finding support.



BCC66

Breast cancer in younger women

This booklet looks at different issues and experiences younger women face. Topics include fertility and pregnancy, relationships and dating, body image, practical support and standards of care for younger women with breast cancer.

Other titles available

BCC25 **Breast cancer during and one year after pregnancy**

BCN260 **Breast cancer in men**

BCC39 **Ductal carcinoma in situ (DCIS)**

BCN255 **Easy read - Diagnosed with primary breast cancer**

BCC23 **Inflammatory breast cancer**

BCC210 **Invasive breast cancer (no special type)**

BCC45 **Invasive lobular breast cancer**

BCN400 **Support for you: Primary breast cancer**
Information on our support services for people living with and beyond primary breast cancer

BCN248 **Triple negative breast cancer**

BCC161 **Understanding your pathology results**

TREATMENT AND SIDE EFFECTS



BCN266

Abemaciclib (Verzenios)

This booklet is about the targeted therapy drug abemaciclib. It explains what abemaciclib is, how it's given and the side effects you may have.



BCC17

Chemotherapy for breast cancer

This booklet is about chemotherapy for breast cancer. It explains what chemotherapy is, how and when it's given, and the most common side effects it can cause.

Other titles available

BCC31 **Anastrozole**

BCC54 **Breast cancer and hair loss**

BCC123 **Breast prostheses, bras and clothes after surgery**

BCC7 **Breast reconstruction**

BCC121 **Capecitabine (Xeloda)**

BCC35 **Docetaxel (Taxotere)**

BCN256 **Easy read – Surgery for primary breast cancer**

BCN249 **EC-T chemotherapy**

BCC46 **Exemestane**

BCC6 **Exercises after breast cancer surgery**

BCC28 **Fertility, pregnancy and breast cancer**

BCC33 **Goserelin (Zoladex)**

BCC64 **Letrozole**

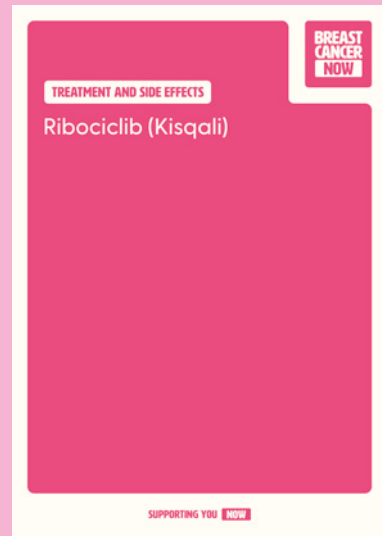
TREATMENT AND SIDE EFFECTS



BCC18

Menopausal symptoms and breast cancer

This booklet covers ways to help you cope with menopausal symptoms. Some treatments for breast cancer can cause early menopause and/or significant menopausal symptoms.



BCN267

Ribociclib (Kisqali)

This booklet is about the targeted therapy drug ribociclib. It explains what ribociclib is, how it's given and the side effects you may have.

Other titles available

BCC5 **Managing lymphoedema after breast cancer**

BCC34 **Paclitaxel (Taxol)**

BCN265 **Phesgo (pertuzumab and trastuzumab)**

BCC26 **Radiotherapy for primary breast cancer**

BCC15 **Reducing the risk of lymphoedema**

BCC20 **Tamoxifen**

BCC41 **Trastuzumab**

BCC4 **Treating primary breast cancer**

BCN252 **Treating primary breast cancer - Bengali**

BCN250 **Treating primary breast cancer - Polish**

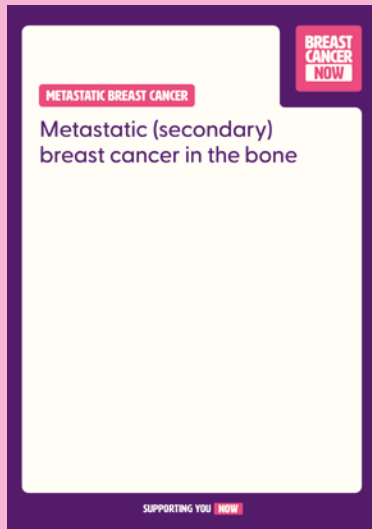
BCN251 **Treating primary breast cancer - Punjabi**

BCN253 **Treating primary breast cancer - Urdu**

BCC151 **Your operation and recovery**

BCC238 **Zoledronic acid for primary breast cancer**

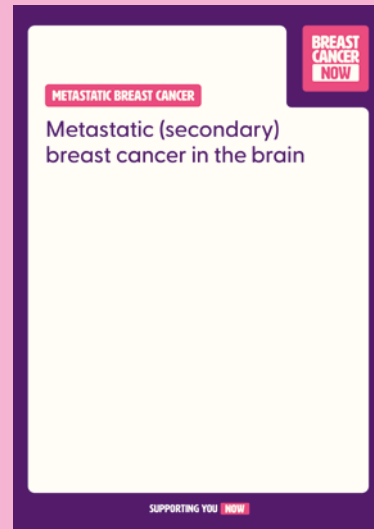
METASTATIC (SECONDARY) BREAST CANCER



BCC30

Metastatic (secondary) breast cancer in the bone

This booklet is about metastatic (secondary) breast cancer in the bone. It describes what metastatic breast cancer in the bone is, what the symptoms are and the treatments that may be used.



BCC56

Metastatic (secondary) breast cancer in the brain

This booklet is about metastatic (secondary) breast cancer in the brain. It describes what metastatic breast cancer in the brain is, what the symptoms are and the treatments that may be used.

Other titles available

- BCC173 **Secondary breast cancer information pack**
- BCC36 **Secondary breast cancer in the liver**
- BCC40 **Secondary breast cancer in the lung**
- BCC236 **Secondary breast cancer personal organiser**
- BCN401 **Support for you: secondary breast cancer**
Information on our free support services for people living with secondary breast cancer

HEALTH AND WELLBEING



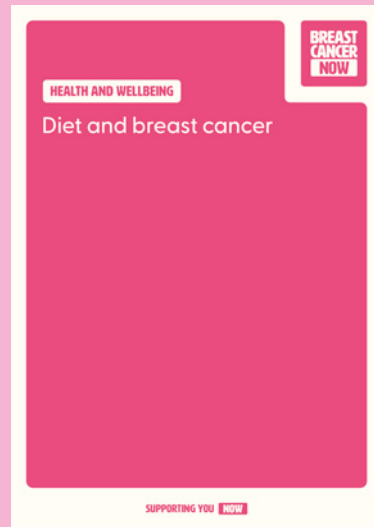
Vita

Vita is the magazine for anyone living with or beyond breast cancer. It's full of inspiring real-life stories, articles about health and wellbeing, and practical tips for coping with the ongoing effects of treatment.

Other titles available

BCN402 **Changes to be aware of after breast cancer**

BCC110 **Your body, intimacy and sex**

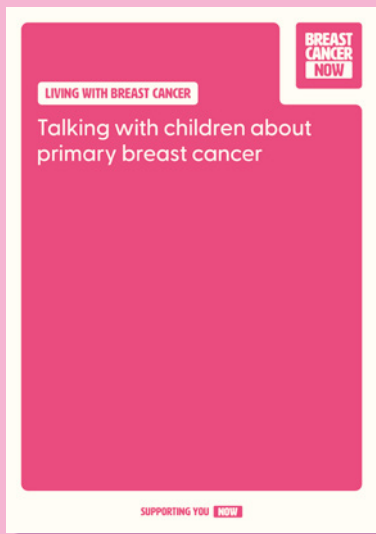


BCC98

Diet and breast cancer

This booklet is about healthy eating during and after treatment. It looks at how your diet and weight may change and how to manage these changes. It also looks at special “cancer” diets and whether diet and lifestyle can affect the risk of cancer coming back.

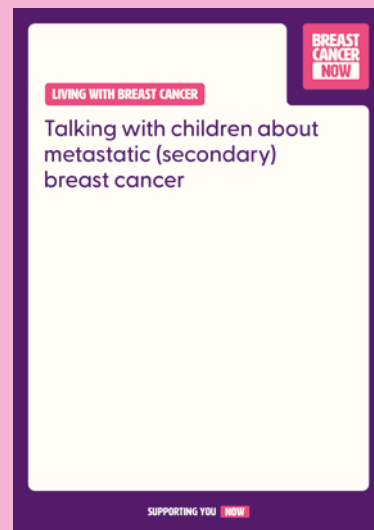
LIVING WITH BREAST CANCER



BCN268

Talking with children about primary breast cancer

This booklet is written for parents and carers affected by primary breast cancer. It gives ideas and helpful resources for talking with children about primary breast cancer.



BCN269

Talking with children about metastatic (secondary) breast cancer

This booklet is written for parents and carers affected by metastatic (secondary) breast cancer. It gives ideas and helpful resources for talking with children about metastatic breast cancer.

Other titles available

BCC169 **After breast cancer treatment: what now?**

BCC197 **Moving forward**

BCC120 **When your partner has breast cancer**

BCN263 **When your partner has metastatic (secondary) breast cancer**

HCP HUB

Our healthcare professionals' hub is a dedicated area for healthcare professionals where you can find out more about breast cancer and how it affects patients. It's open to all healthcare professionals.

By joining you'll get access to our:

- Recorded webinars facilitated by our clinical nurse specialists, covering topics like managing side effects of treatment or family history
- Monthly newsletter delivered to your inbox full of updates, features and media articles
- Specialist interest groups for healthcare professionals

Visit breastcancer.org/join-hcp to sign up.

How to order

The simplest way to order is online.

You can scan our QR code or visit breastcancer.org/publications



You can also call our order line on **0345 092 0814**.

There is a maximum of 300 items per order. If you need to order a larger quantity, email health-info@breastcancer.org and we can see if this is possible. We limit orders to ensure we have enough publications for all.

We cannot accept orders from outside the UK.

Order enquiries

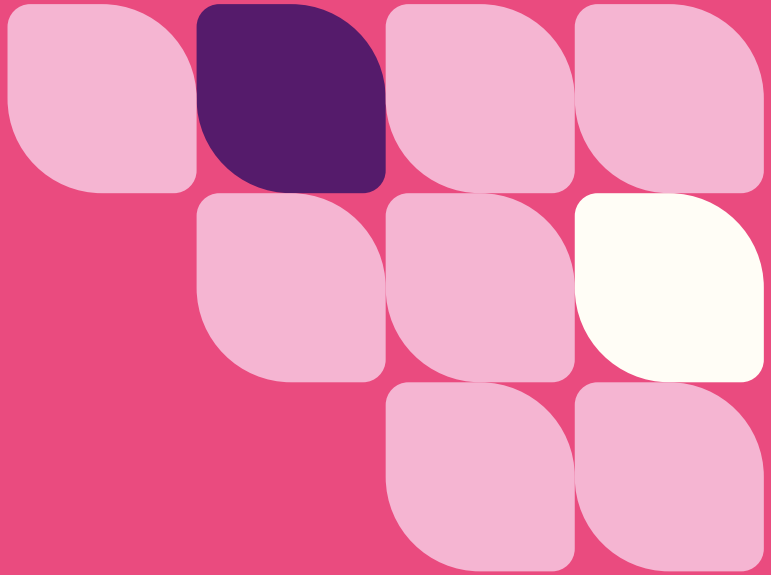
You should receive your order within 10 working days.

However, if you have not received your order after 10 days please call **0345 092 0814** or email health-info@breastcancer.org

For general queries about our information, email health-info@breastcancer.org

Please keep a copy of your order for your records.

Most titles are available in large print, Braille and audio CD format on request by emailing health-info@breastcancer.org



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