

**BREAST  
CANCER  
NOW** The research & support charity

**We're here**

# PUBLICATIONS 2025/26



# WE ARE BREAST CANCER NOW

Breast Cancer Now is the UK's largest breast cancer charity. We fund world-class research and provide life-changing care and support services for people affected by 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 [breastcancernow.org](https://breastcancernow.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 are looking for below, we have additional information on our website. Please visit [breastcancernow.org/publications](https://breastcancernow.org/publications) or email [health-info@breastcancernow.org](mailto:health-info@breastcancernow.org)

This list includes all of our printed publications but we have more information available on our website [breastcancernow.org/about-breast-cancer](https://breastcancernow.org/about-breast-cancer).

To order any of the following see the 'How to order' section

## Breast health

- **Know your breasts: a guide to breast awareness and screening** (BCC2)
- **Know your breasts** - quick guide (pocket-sized) (BCC211)
- **Know your breasts** - quick guide Arabic (BCC227)
- **Know your breasts** - quick guide Bengali (BCC217)
- **Know your breasts** - quick guide French (BCC237)
- **Know your breasts** - quick guide Gujarati (BCC219)
- **Know your breasts** - quick guide Hindi (BCC218)
- **Know your breasts** - quick guide Polish (BCN241)
- **Know your breasts** - quick guide Portuguese (BCN245)
- **Know your breasts** - quick guide Punjabi (BCC226)
- **Know your breasts** - quick guide Romanian (BCN242)
- **Know your breasts** - quick guide Simplified Chinese (BCN243)
- **Know your breasts** - quick guide Somali (BCN264)
- **Know your breasts** - quick guide Spanish (BCN246)
- **Know your breasts** - quick guide Ukrainian (BCN254)
- **Know your breasts** - quick guide Urdu (BCC216)
- **Know your breasts** - quick guide Welsh (BCC215)
- **TLC awareness postcard** (BCN247)
- **Your guide to a well-fitting bra** (BCC196)

## Worried about breast cancer?

- **Family history of breast cancer: managing your risk** (BCN244)
- **Reducing your risk of breast cancer** (BCN240)
- **Your breast clinic appointment** (BCC70)

## Benign breast conditions

- **Breast calcifications** (BCC77)
- **Breast cysts** (BCC73)
- **Breast pain** (BCC71)
- **Duct ectasia** (BCC82)
- **Fat necrosis** (BCC76)
- **Fibroadenoma** (BCC72)
- **Gynaecomastia** (BCC155)
- **Hyperplasia and atypical hyperplasia** (BCC78)
- **Intraductal papilloma** (BCC79)
- **Lobular neoplasia** (BCC126)
- **Periductal mastitis** (BCC154)
- **Sclerosing lesions of the breast** (BCC80)

## Breast cancer diagnosis

- **Breast cancer during and one year after pregnancy** (BCC25)
- **Breast cancer in men** (BCN260)
- **Breast cancer in younger women** (BCC66)
- **Diagnosed with breast cancer: what now?** (BCC44)
- **Ductal carcinoma in situ (DCIS)** (BCC39)
- **Easy read - Diagnosed with breast cancer** (BCN255)
- **Inflammatory breast cancer** (BCC23)
- **Invasive breast cancer (no special type)** (BCC210)
- **Invasive lobular breast cancer** (BCC45)
- **Support for you: Primary breast cancer** (BCN400)  
(Information on our support services for people living with and beyond primary breast cancer)
- **Triple negative breast cancer** (BCN248)
- **Understanding your pathology results** (BCC161)
- **When your partner has breast cancer** (BCC120)

## Treatment and side effects

- **Anastrozole** (BCC31)
- **Breast cancer and hair loss** (BCC54)
- **Breast prostheses, bras and clothes after surgery** (BCC123)
- **Breast reconstruction** (BCC7)
- **Capecitabine (Xeloda)** (BCC121)
- **Chemotherapy for breast cancer** (BCC17)
- **Docetaxel (Taxotere)** (BCC35)
- **Easy read - Surgery for primary breast cancer** (BCN256)
- **EC-T chemotherapy** (BCN249)
- **Exemestane** (BCC46)
- **Exercises after breast cancer surgery** (BCC6)
- **Fertility, pregnancy and breast cancer treatment** (BCC28)
- **Goserelin (Zoladex)** (BCC33)
- **Letrozole** (BCC64)

- **Managing lymphoedema after breast cancer** (BCC5)
- **Menopausal symptoms and breast cancer** (BCC18)
- **Paclitaxel (Taxol)** (BCC34)
- **Phesgo (pertuzumab and trastuzumab)** (BCN265)
- **Radiotherapy for primary breast cancer** (BCC26)
- **Reducing the risk of lymphoedema** (BCC15)
- **Tamoxifen** (BCC20)
- **Trastuzumab** (BCC41)
- **Treating primary breast cancer** (BCC4)
- **Treating primary breast cancer - Bengali** (BCN252)
- **Treating primary breast cancer - Polish** (BCN250)
- **Treating primary breast cancer - Punjabi** (BCN251)
- **Treating primary breast cancer - Urdu** (BCN253)
- **Your operation and recovery** (BCC151)
- **Zoledronic acid for primary breast cancer** (BCC238)

## Secondary breast cancer

- **Changes to be aware of after breast cancer** (BCN402)
- **Living with secondary breast cancer** (BCN409)
- **Secondary breast cancer in the bone** (BCC30)
- **Secondary breast cancer in the brain** (BCC56)
- **Secondary breast cancer in the liver** (BCC36)
- **Secondary breast cancer in the lung** (BCC40)
- **Secondary breast cancer information pack** (BCC173)
- **Secondary breast cancer personal organiser** (BCC236)
- **Support for you: secondary breast cancer** (BCN401)  
(Information on our free support services for people living with secondary breast cancer)

## Health and wellbeing

- **Diet and breast cancer** (BCC98)
- **Vita magazine** (BCC125)
- **Your body, intimacy and sex** (BCC110)

## Moving forward

- **After breast cancer treatment: what now?** (BCC169)
- **Moving Forward information leaflet** (BCN408)
- **Moving Forward: for people living with and beyond breast cancer** (BCC197)

## Breast Cancer Now's Services

- **About Breast Cancer Now** (BCN-About)
- **Working together to support people affected by breast cancer** (BCN410)

## 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 **[breastcancernow.org/join-hcp](https://breastcancernow.org/join-hcp)** to sign up.

## How to order

The simplest way to order is online. You can scan our QR code or visit **[breastcancernow.org/publications](https://breastcancernow.org/publications)**

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

There is a maximum of 200 items per order.  
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@breastcancernow.org](mailto:health-info@breastcancernow.org)**

For general queries about our information email **[health-info@breastcancernow.org](mailto:health-info@breastcancernow.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@breastcancernow.org](mailto:health-info@breastcancernow.org)**