Information to help you face breast cancer

Breast Cancer Care is the only specialist UK-wide charity that supports people affected by breast cancer. We’ve been supporting them, their family and friends and campaigning on their behalf since 1973.

Today, we continue to offer reliable information and personal support, over the phone and online, from nurses and people who’ve been there. We also offer local support across the UK.

Our information is written by clinical specialists and reviewed by healthcare professionals and people affected by breast cancer. All our titles are free (subject to bulk postage charges). All of our patient information is accredited under the Information Standard, which means that our information is well-researched, reliable and up to date.

Our website also contains comprehensive information about breast health and breast cancer. If you would like to find out more visit breastcancercare.org.uk or call us on 0808 800 6000 (For Next Generation Text service prefix 18001).

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.

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)
Taking care of your breasts mini guide (BCC211)
Taking care of your breasts - mini guide Arabic (BCC227)
Taking care of your breasts - mini guide Bengali (BCC217)
Taking care of your breasts - mini guide Gujarati (BCC219)
Taking care of your breasts - mini guide Hindi (BCC218)
Taking care of your breasts - mini guide Punjabi (BCC226)
Taking care of your breasts - mini guide Urdu (BCC216)
Taking care of your breasts - mini guide Welsh (BCC215)
Your breasts during and after pregnancy (BCC148)
Your guide to a well-fitting bra (BCC196)

To order online visit breastcancercare.org.uk
Worried about breast cancer?
Family history, genes and breast cancer (BCC32)
Your breast clinic appointment (BCC70)

Benign breast conditions
Benign phyllodes tumour (BCC81)
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)
Sclerosis of the breast (BCC80)

Diagnosed with breast cancer
Breast cancer and you: diagnosis, treatment and the future (BCC44)
Breast cancer during and after pregnancy (BCC25)
Ductal carcinoma in situ (DCIS) (BCC39)
Inflammatory breast cancer (BCC23)
Invasive ductal breast cancer (BCC210)
Invasive lobular breast cancer (BCC45)
Medullary breast cancer (BCC185)
Mucinous breast cancer (BCC187)
Mummy’s Lump (BCC164)
Paget’s disease of the breast (BCC38)
Phyllodes tumours: borderline and malignant (BCC189)
Primary breast cancer information pack (BCC145)
Talking with your children about breast cancer (BCC50)
Tubular breast cancer (BCC201)
Understanding your pathology results (BCC161)
When your partner has breast cancer (BCC120)
Younger women with breast cancer (BCC66)

Call our orderline on 0345 092 0814
**Treatment and side effects**

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*This information is also available in large print A4 format called ‘How is breast cancer treated?’ (BCC234)*

To order online visit [breastcancercare.org.uk](http://breastcancercare.org.uk)
### Secondary breast cancer
- 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)
- Spinal cord compression alert cards - 15 per pack (BCC231)

### Health and wellbeing
- Complementary therapies, relaxation and wellbeing (BCC55)
- Diet and breast cancer (BCC98)
- Vita magazine (BCC125)

### Moving Forward
- Moving Forward: for people living with and beyond breast cancer (BCC197)

### About Breast Cancer Care
- BECCA App cards - pack of 100 (BCC408)
- Breast cancer - let’s get through it together (BCC355)
- Care and support for younger women with breast cancer (BCC303)
- Helpline cards – 50 per pack (BCC371)
- Moving Forward: support for people living with and beyond breast cancer (BCC346)
- Publications (BCC69)
- Someone Like Me postcard (BCC394)
- Support for people living with secondary breast cancer (BCC383)

All titles are available in large print, Braille, audio CD and DAISY format on request by phoning 0345 092 0808.
How to order

The simplest way to order is via breastcancercare.org.uk/publications

Please note that we do not invoice for postage charges. The order form details our postage charges and summarises your order. This can also be used as a pro forma invoice. We do not accept orders from outside the UK.

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**Order form**

Help us keep our publications free – please only order what you need. Please note some items have maximum order levels.

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