

PUBLICATIONS 2021/22

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

INFORMATION TO HELP YOU FACE BREAST CANCER

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 patient information is accredited under the Patient Information Forum TICK, which means that our information is well-researched, reliable and up to date. 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 are looking for below, we have additional information on our website. Please visit **breastcancer.org/publications** or email **health-info@breastcancer.org**

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 Cantonese (BCN243)

Know your breasts - quick guide French (BCC237)

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Know your breasts - quick guide Romanian (BCN242)

Know your breasts - quick guide Urdu (BCC216)

Know your breasts - quick guide Welsh (BCC215)

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

Benign phyllodes tumour (BCC81)

Breast calcifications (BCC77)

Breast cysts (BCC73)

Breast pain (BCC71)

Duct ectasia (BCC82)

Fat necrosis (BCC76)

Fibroadenoma (BCC72)

Hyperplasia and atypical hyperplasia (BCC78)

Intraductal papilloma (BCC79)

Lobular neoplasia (BCC126)

Periductal mastitis (BCC154)

Sclerosing lesions of the breast (BCC80)

BREAST CANCER DIAGNOSIS

Diagnosed with breast cancer: what now? (BCC44)

Breast cancer in younger women (BCC66)

Breast cancer during and one year after pregnancy (BCC25)

Ductal carcinoma in situ (DCIS) (BCC39)

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)

Understanding your pathology results (BCC161)

TREATMENT AND SIDE EFFECTS

After breast cancer treatment: what now? (BCC169)

Anastrozole (Arimidex) (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)

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FEC chemotherapy (BCC96)

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Goserelin (Zoladex) (BCC33)

Letrozole (Femara) (BCC64)

Living with lymphoedema after breast cancer (BCC5)

Menopausal symptoms and breast cancer (BCC18)

Paclitaxel (Taxol) (BCC34)

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Sodium clodronate for primary breast cancer (BCC239)

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Treating primary breast cancer (BCC4)

Understanding your pathology results (BCC161)

Your operation and recovery (BCC151)

Zoledronic acid for primary breast cancer (BCC238)

SECONDARY BREAST CANCER

Changes to be aware of after breast cancer (BCN402)

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)

Healthcare Professionals: support for your patients (BCN399)

Your body, intimacy and sex (BCC110)

MOVING FORWARD

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

ABOUT BREAST CANCER NOW

About Breast Cancer Now (BCN-About)

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