

Please feel free to contact any of your Health Champions for help, advice or with suggestions of how to promote health and wellbeing in our school.

To email the whole team use:

[healthchampions@wadebridge.cornwall.sch.uk](mailto:healthchampions@wadebridge.cornwall.sch.uk)

Individual emails and where to find us:

**Terri Barbery-Redd (Languages Floor)**  
tbarbery-redd@wadebridge.cornwall.sch.uk

**Angelina Bassett (6th Form Study Room)**  
abassett@wadebridge.cornwall.sch.uk

**Sarah Fisher (6th Form Office)**  
sfisher@wadebridge.cornwall.sch.uk

**Sheryl Perchard (Geography)**  
sperchard@wadebridge.cornwall.sch.uk

**Nicki Plummer (Interview Room)**  
nplummer@wadebridge.cornwall.sch.uk

**Tom Spencer (S10)**  
tspencer@wadebridge.cornwall.sch.uk

October is **Breast Cancer Awareness Month**

- Every year nearly **55,000** people are diagnosed with breast cancer in the UK, that's the equivalent of **one person every 10 minutes**.
- **1 in 8 women** in the UK will develop breast cancer in their lifetime.
- Breast cancer is the **second** most common cause of death from cancer in women in the UK. Nearly **12,000** people die from breast cancer in the UK every year.
- Although much less common, Breast Cancer can also affect men - around **400 men** are diagnosed each year (around 1 in every 100,000).

## How do I check my breasts?

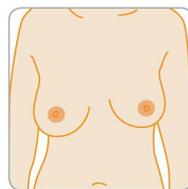
There's no right or wrong way to check your breasts for any changes. Try to get used to looking at and feeling your breasts regularly. You can do this in the bath or shower, when you use body lotion, or when you get dressed. There's really no need to change your everyday routine. Just decide what you are comfortable with and what suits you best.

Remember to check all parts of your breast, your armpits and up to your collarbone.

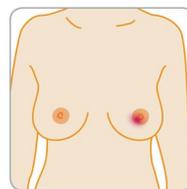
When you check your breasts, try to be aware of any changes that are different for you.

Most breast changes are likely to be normal or due to a benign (not cancer) breast condition rather than being a sign of breast cancer. If you notice a change, go and see your GP as soon as you can.

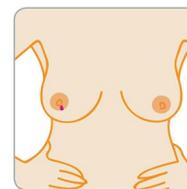
The Health Champions have access to lots of different organisations they can signpost you to for further information and support. For free, confidential support and information about breast cancer visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk) or call their Helpline on 0808 800 6000.



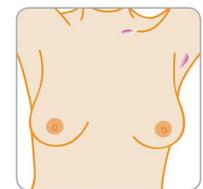
A change in size or shape



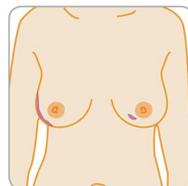
Redness or a rash on the skin and/or around the nipple



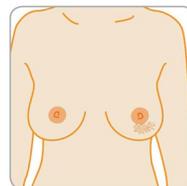
Discharge (liquid) that comes from the nipple without squeezing



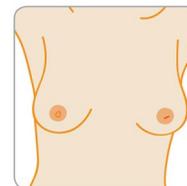
A swelling in your armpit or around your collarbone



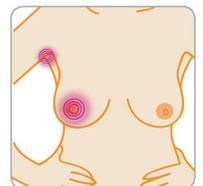
A lump or thickening that feels different from the rest of the breast tissue



A change in skin texture such as puckering or dimpling (like orange skin)



Your nipple becoming inverted (pulled in) or changing its position or shape



Constant pain in your breast or your armpit