

Breast Cancer



Symptoms

- Changes to the size/shape of either breast / side of the chest - changes in only one breast / side of the chest may be more significant
- Changes to the size/shape of one or both nipples
- Changes in the appearance of one/both nipples – may sink into the surrounding breast tissue
- Fluid discharge from one or both nipples
- Changes in the appearance of the skin of one or both breasts / side(s) of the chest – may become puckered or dimpled, or become red or itchy with scaling or crusting of the skin's surface
- A new lump or area of tissue in one or both breasts / side(s) of the chest which feels different from normal
- A new lump or area of swelling in one or both armpits
- Breast pain is not a typical feature of breast cancer symptoms - patient may have symptoms without experiencing any discomfort



Ask

- How long have they had symptoms?
- If they have a lump(s), has it become larger over time?
- Do they have any unusual discharge from around the nipple?
- Have they noticed any changes in the skin around their breast(s)/chest? Colour, texture, or appearance
- Have they noticed lumps anywhere else on their body, particularly under their armpits or around their neck ?
- How old is the patient?

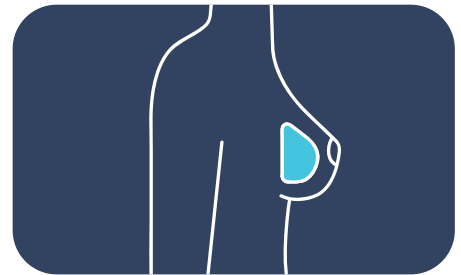
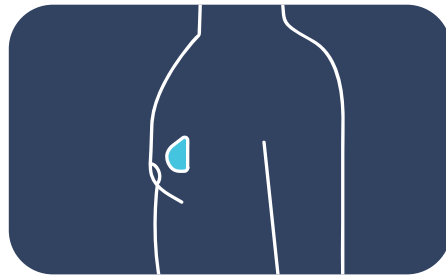


Pharmacy Products

- Patients with discharge may buy breast pads – consider patients who are not breast feeding
- Patients with skin changes may buy moisturisers or steroid creams

The full Let's Communicate Cancer course is available by clicking [here](#)
Version 1: The information provided is in line with current guidance on March 2023

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Follow up/Referral

Please be aware that, although breast cancer is more common in females, it can affect anyone. Please consider referral of all patients with symptoms outlined below.

Patients with the following should be encouraged to make an urgent appointment with their GP

- Aged over 30 and have an unexplained breast/chest lump(s) or a lump under the armpit(s) (with or without pain)
- Aged over 30 with skin changes around the breast(s)/chest (as described above)
- **Aged over 50 with any of the following symptoms present in one nipple only:**
 - Fluid discharge
 - A nipple which appears sunken
 - Any of the referral criteria for patients aged over 30 listed above

Patients with the following should be encouraged to make a non-urgent appointment with their GP

- Aged under 30 with an unexplained breast/chest lump or lump under the armpit(s) (with or without pain)

Please be aware that these symptoms may, or may not, be caused by cancer but should be investigated to help diagnose patients with other conditions which also require treatment.

Please advise patients who do not meet the criteria for urgent, or non-urgent review by a GP to come back to a pharmacy for further advice if the symptoms do not resolve within a further 7 days.

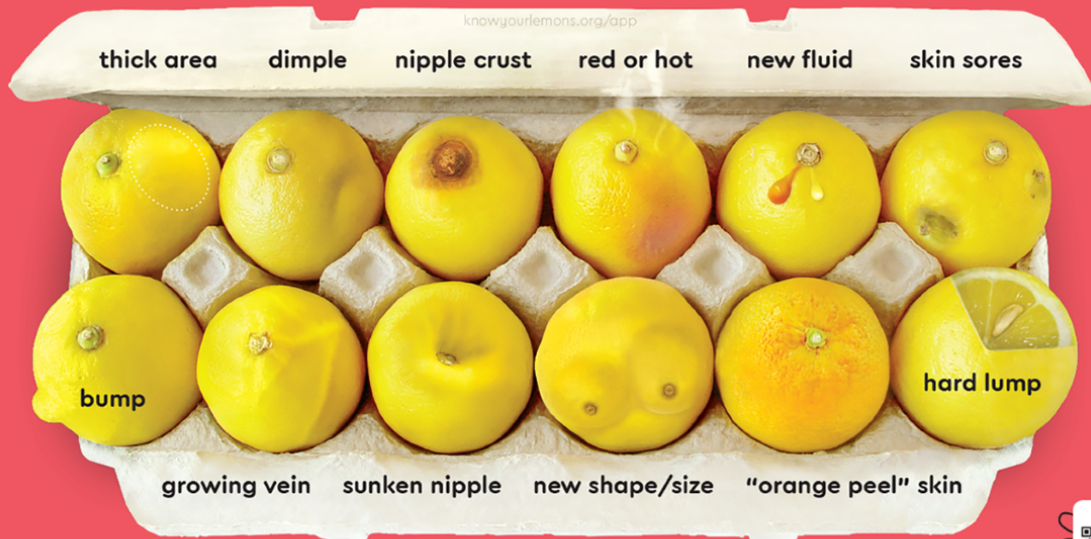
Please refer to the Lets Communicate Cancer e-learning programme for further training resources for pharmacy staff regarding cancer, its management and the role of pharmacy staff.

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12 symptoms. 2 breasts. 1 lifesaving app.



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