

PUBLICATIONS

2022/23

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

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)

Docetaxel (Taxotere) (BCC35)

EC-T chemotherapy (BCN249)

Exemestane (Aromasin) (BCC46)

Exercises after breast cancer surgery (BCC6)

FEC chemotherapy (BCC96)

Fertility, pregnancy and breast cancer treatment (BCC28)

Goserelin (Zoladex) (BCC33)

Letrozole (Femara) (BCC64)

Living with lymphoedema after breast cancer (BCC5)

Menopausal symptoms and breast cancer (BCC18)

Paclitaxel (Taxol) (BCC34)

Pertuzumab (Perjeta) (BCC235)

Radiotherapy for primary breast cancer (BCC26)

Reducing the risk of lymphoedema (BCC15)

Sodium clodronate for primary breast cancer (BCC239)

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)

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)

Your body, intimacy and sex (BCC110)

MOVING FORWARD

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

HOW TO ORDER

The simplest way to order is online via [breastcancer.org/publications](https://www.breastcancer.org/publications). There is a maximum of 200 items per order. We cannot accept orders from outside the UK.

Alternative ways to order

- By phone - call our order line on **0345 092 0814**
- By post - complete the form below and return it to the address at the bottom of the form

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 orderenquiries@breastcancer.org

For general queries about our information email health-info@breastcancer.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@breastcancer.org

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We will only use the information provided to send your publication(s) or to contact you if there is a problem with your order. We will share your details with our fulfilment house for this purpose. You can read more about how we will use your information at [breastcancer.org/privacy](https://www.breastcancer.org/privacy) or contact us on 0345 092 0808 if you would like a paper copy.

Call our order line on **0345 092 0814**

