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Media Release

RUH supports Be Clear on Cancer

The Royal United Hospitals Bath NHS Foundation Trust (RUH) is supporting Public Health England's national breast cancer campaign, Be Clear on Cancer.

The campaign aims to raise awareness of breast cancer symptoms in women aged 70 and over – helping to improve early diagnosis and encouraging people to see their GP without delay.

Breast cancer is the most common cancer in England with around 44,300 women diagnosed each year.

Breast cancer survival is lower in older women and research shows they are more likely to delay going to see their GP with breast cancer symptoms. Also, knowledge of non-lump breast cancer symptoms is often lower amongst older women and awareness of age-related risk is poorly understood.

Richard Sutton, Consultant Surgeon at the RUH, said "Women over the age of 70 don't always realise that their risk of breast cancer increases as they get older. Finding breast cancer at an early stage can often lead to simpler and more effective treatment and this is as true for women over 70 as any other age group."

"One in three women who get breast cancer are over 70, if you notice any changes to your breasts, tell your doctor straight away. We're encouraging older women to be breast aware, report any new changes without delay and go for regular breast screening every three years".

Let's be clear... how to spot it

Possible signs of breast cancer include:

- A lump or thickening in your breast or armpit
- Changes to the skin of your breast
- Changes in the shape size or feel of your breast
- Nipple changes
- Nipple discharge



- Pain in your breast
- Any other unusual or persistent changes to your breasts

If you have any of the above symptoms, your doctor will want to see you.

Seeing your doctor early makes all the difference

You're not wasting anyone's time by getting your symptoms checked out and, if it's not serious, your mind will be put at rest. Early detection makes it easier to treat. Seeing your doctor early could save your life.

The campaign will run from 22 February to the end of March. For more information go to: <https://www.nhs.uk/be-clear-on-cancer>

Ends

Notes to Editor:

- The RUH Breast Unit has one of the most up to date facilities in the South West of England. It provides an integrated range of services for patients with breast problems, including rapid access diagnostic clinics by a team of dedicated specialists. It has state of the art breast imaging equipment and is one of very few trusts in the region with digital mammography, breast tomosynthesis and breast MRI.
- The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.
- The Trust provides 565 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.
- In 2015 The Royal United Hospitals NHS Foundation Trust was acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME.
- The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust is now working towards building a purpose built RNHRD and Therapies Centre and a new Dyson Cancer Centre. For more details visit: www.ruh.nhs.uk/about/fit_for_the_future
- For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk

