

The Essentials

5 Points in 5 Minutes

Prevent Breast Cancer

The only UK charity dedicated solely to the prediction and prevention of breast cancer.

We promote early diagnosis, screening and lifestyle changes as well as conducting ground-breaking research.



Know your risk

- Age
- Family history
- Lifestyle



How you can help us to Prevent Breast Cancer?

- Sign up to our regular e-bulletins
- Fundraise with us
- Take on a sports challenge
- Get your workplace involved
- We'd love to hear from you!
Contact us at info@preventbreastcancer.org.uk



The facts

Breast cancer is the most common cancer for women in the UK and the biggest cause of death in women aged 35-49.

1 in 9 women and 1 in 1,000 men in the UK will develop the disease in their lifetime.

The government and many major cancer charities direct just 4% of all their research funding into cancer prevention.



Incidence of the disease is increasing across the world.

Check yourself & take action

Remember to check yourself regularly, for guidance visit: www.preventbreastcancer.org.uk

Get to know your breasts so that you can spot any unusual changes.

If you see something unusual or have any concerns, book an appointment with your GP.

When invited to attend a breast screening, make sure you book your appointment.

