

# Porterbrook Clinic

Sheffield Care Trust

## Support with **Gender Dysphoria**

### Breast Awareness

Information for Users of our service

Dr Kevan Wylie  
Clinical Lead  
Porterbrook Clinic  
75 Osborne Road  
Nether Edge  
Sheffield S11 9BF

Telephone: 0114 271 6671

Fax: 0114 271 8693

Email: [mail@porterbrookclinic.org.uk](mailto:mail@porterbrookclinic.org.uk)

**[www.porterbrookclinic.org.uk](http://www.porterbrookclinic.org.uk)**



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## ***Caring for your Breasts***

Although sex hormones have been used for several years, the possible long-term effects are not yet known. You will need to discuss this with your doctor and report any problems you experience whilst taking this medication. You also need to report any past or present history of thrombosis or breast cancer.

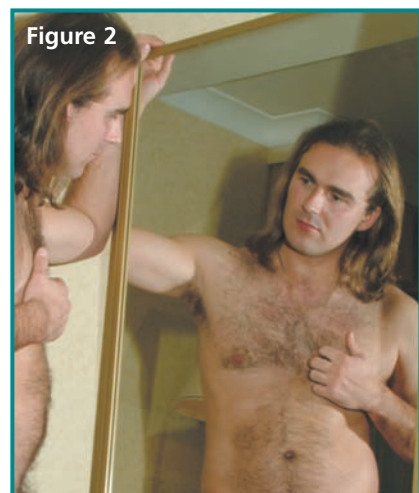
### ***Be Breast Aware***

Both men and women can get breast cancer (approximately 200 men in the UK per year) so everyone should be breast aware as part of looking after yourself. This means getting to know how your breasts feel and look normally so that you notice if anything looks or feels different. If you do detect a change, this does not necessarily mean that you have got breast cancer. **Most breast lumps are benign (non cancerous), but, you should always see your doctor to discuss this.**

### ***How do I check for any changes in my Breasts?***

You need to regularly check your breasts to become familiar with how they feel and look normally. Look in a full length

mirror so you can see your breasts from different angles (Figure 1 & 2). Feel your breasts in the bath or shower, or lying down, whichever is most comfortable and convenient for you.



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## Age

As you grow older, your breasts can change shape and feel different. They may feel softer and sometimes get smaller.

### *What changes should I be aware of?*

- Change in size - you may notice one breast gets bigger or lower.
- You may notice a rash or discharge from one or both nipples.
- You may feel a lump in your breast.
- You may notice a nipple has changed position or shape and may have inverted (gone in).
- You may notice some dimpling or puckering of the skin of your breast.
- You may notice a lump or swelling under your armpit or collarbone, where the lymph nodes (glands) are.
- You may feel thickening or bumpiness in your breast that feels different to the rest of the breast.
- You may feel pain in your breast or armpit.

### *What should I do if I notice any of these changes?*

You need to see your doctor if you notice a change. Do not delay and don't worry

if you feel like you are making a fuss, remember **most breast changes are benign (non-cancerous) and harmless.**

Your doctor will examine your breasts and may be able to tell you that there is nothing to worry about. However, he/she may need to send you to a Breast Clinic for further investigations.

### *If I have a family history of breast cancer, what should I do?*

If you have a family history of breast cancer, this does not necessarily mean that you will get breast cancer yourself. However, you do need to discuss your concerns with your General Practitioner (GP) so that he/she can discuss the risks with you and advise you on the appropriate care.

### *General care for your breasts*

Getting measured and properly fitted with a good supportive bra can prevent future medical problems such as poor posture, strained muscles and back problems. Most reputable department stores provide a bra fitting service and would be happy to help you.

## ***Further Information***

If you require any further information, please contact the Gender Clinic and ask to speak to the Doctor or Nurse Psychotherapist.

Alternatively, you can see your GP or Practice Nurse at your surgery.

You can also contact Breast Cancer Care on 0808 800 6000, who will be happy to talk to you and send you a booklet.