



Luscious
Lesbian
Breasts



ACON Lesbian Health Project

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Let's keep them that way!

Just being lesbian or bisexual doesn't automatically put you at higher risk of breast cancer.

Being a woman and growing older is the highest risk factor for breast cancer.

However lesbians as a group may have higher rates of some breast cancer risk factors than their heterosexual peers. Many lesbians haven't had children or have given birth to their first child after 30 and haven't breast fed. Putting on weight and drinking more than 2 alcoholic drinks a day may also increase the risk.

These factors, along with early commencement of menstruation, and late menopause seem to slightly increase a woman's risk of developing breast cancer.

If you have a strong family history of breast cancer, it is wise to speak with your doctor and work out a surveillance plan.

What can I do to prevent it from happening to me?

There is no known cause or prevention of breast cancer. However, early detection can improve health outcomes in many types of breast cancer.

How can I detect breast cancer?

- Have an annual breast exam by a health care provider
- If you are between 49-70 have a mammogram every two years. BreastScreen provides this service free. There is no proven benefit to have mammograms before this age because pre-menopausal women have a denser breast tissue. This makes changes more difficult to check
- Get to know your breasts — how they feel and look at different times of the month. If you notice changes such as lumps, pain or discomfort in one breast, swelling, change of shape, rash or discharge see your health care provider. **If in doubt, check it out**

Reduce your risk

- Cut alcohol to two drinks or less a day
- Get moving physically

- Eat lots of fruit and vegetables and reduce animal and saturated fats
- Maintain a healthy body weight

For more information contact

BreastScreen 13 20 50
www.bsnsw.org.au

National Breast Cancer Centre
www.breasthealth.com.au

The Cancer Council NSW
Helpline 13 11 20
www.cancercouncil.com.au

Support for lesbians diagnosed with breast and ovarian cancer

is available through NSW Cancer Council Connect programme. This service links you with a trained lesbian volunteer who has had cancer and undergone similar treatment to you and understands how you might be feeling and the challenges you face. To find out more call 13 11 20.