

# COPPAFEEL'S BREAST PRACTICE

OUR RESEARCH SHOWS GPs PLAY AN IMPORTANT ROLE IN PROMPTING AND INSTIGATING CHECKING BEHAVIOUR. THAT IS WHY WE HAVE OUTLINED OUR BREAST PRACTICE FOR GPs, TO HELP YOU SPREAD THE BOOB LOVE IN YOUR ROLE!

## MAKE EVERY CONVERSATION COUNT

### 1 YOUNG PEOPLE TRUST YOU

Our research shows the GP is the most influential individual in prompting women aged 18-29, who aren't checking their boobs, to start. Don't underestimate your influence on patients to instigate healthy habits for life. It could be as simple as asking the question "do you check your boobs?" and passing on our leaflet.

### 2 TAKE A PROACTIVE APPROACH TO TALKING BOOBS

We believe early detection is the best form of defence against breast cancer. Reminding patients to self-check or attend screening can be done in any appointment, even if they haven't come to speak to you about a breast concern. Cervical screening can provide a good opportunity to also hand out information to young women. Our resources are there to support you in having a quick, informative conversation about boob checking with your patients.

### 3 BEST PRACTICE IN HEALTH CHECKS AND CONTRACEPTIVE APPOINTMENTS

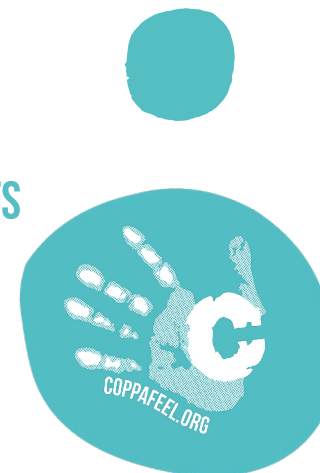
During contraceptive appointments and health checks, we believe it is best practice to ask questions around boob checking, especially if the patient is taking the pill or has a family history of breast cancer. Changing your system templates for these appointments to include a boob checking question, can be a handy way to remind all clinicians to cover the topic during these consultations.



"BECAUSE I WAS YOUNG AND I CHECKED MY BOOBS REGULARLY I WAS ABLE TO EXPLAIN TO MY GP THAT WAITING THE NORMAL MONTH BEFORE REFERRING ME TO A CLINIC WAS NOT AN OPTION.

EVEN THOUGH I WAS NEW TO THE PRACTICE, MY GP WAS GREAT, HE LISTENED CAREFULLY AND TRUSTED MY JUDGEMENT."

SARAH, FROM BRIGHTON, DIAGNOSED AT 33.



## TAKE YOUNG PATIENTS SERIOUSLY

Regardless of age, we want all patients presenting with a breast concern to be assessed on their circumstances and symptoms, not just their age. Younger patients can often feel more embarrassed or anxious when presenting with a breast concern and therefore it is important they are listened to, reassured and assessed properly.

### DURING A CONSULTATION WITH A YOUNGER PATIENT...

Be open, approachable and create a reassuring environment to make them feel more comfortable.

Start the conversation around self-checking in a language they understand - "Do you check your boobs?"

If an examination is necessary, explain what is involved before it takes place and ask if they have any concerns or questions.

Where necessary, consider genetic testing and explaining the impact of this to younger patients, providing appropriate information for them to find out more.

Consider their lifestyles - do they need further information on risk factors?

### IF YOU ARE TREATING A YOUNGER WOMAN WHO HAS RECEIVED A DIAGNOSIS...

- 1 Think fertility.** This could be an area they would like more information on but haven't considered themselves.
- 2 Signposting to appropriate support that is suitable for their needs.** Breast Cancer Care has a young woman's support group and the Younger Breast Cancer Network on Facebook is an established support forum.
- 3 Consider effects of treatment for younger women on their careers, lifestyles and relationships.** They may need extra support in these areas.

## SURGERY HIJACK

Our materials can help you to hijack your surgery or clinic and educate your patients on all things boob checking!

If you provide health information on your website, add a link to **coppafeel.org** and sign post people to find out more information on the breast awareness message.

Download digital resources and order materials at [COPPAFEEL.ORG](https://coppafeel.org)

WE ARE A  
BREAST CANCER  
EDUCATION CHARITY  
FOR YOUNG PEOPLE



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