The Wellbeing Corner

BREAST CANCER NOW The research & care charity

Welcome to a new feature for the 2026/27 season and beyond: the Wellbeing Corner.

Sub-Edited each edition by Cardiff City's Medical Director Professor Len Nokes and Club Psychologist Dr. Mikel Mellick – with contributions from Club medical personnel, health partners, researchers and charities – these pages aim to provide you with information around current wellbeing and health-related issues and campaigns. And crucially, where you can find out more information and get support.

This afternoon, Prof. Len and Dr Mikel are joined by Cardiff City's First Team Doctor Lamah El-Sharkawi to highlight Breast Cancer awareness month and what you should know.

Breast Cancer: Know Your Body, Know the Signs, Take Action

October is Breast Cancer Awareness Month, providing an opportunity to put breast health firmly on the agenda and to remind us that early awareness can make a real difference. It is a time to raise awareness of breast cancer, encourage people to recognise changes in their breasts or chest, and highlight the importance of seeking medical advice without delay.

Breast cancer affects thousands of people and their families across the UK every year. For many of us, it is not simply a statistic. It may be a mother, sister, daughter, partner, friend or colleague whose life has been affected by breast cancer.

That is why knowing the signs and understanding what is normal for your own body matters.

Breast cancer is the most common cancer in the UK, affecting around one in seven women during their lifetime. The risk increases with age, with around four out of five breast cancers occurring in women over the age of 50. **Although breast cancer is much more common in women, men can develop breast cancer too.**

Breast Cancer Awareness Month is an important opportunity to think about our own health and the health of those we care about. Between work, family, football and the demands of everyday life, it can be easy to put our own health to one side. But taking a few minutes to become familiar with your breasts or chest, knowing what changes to look out for and getting concerns checked could make an important difference.

This October, take a moment for yourself. Know your body. Know the signs. Take action.

Know What is Normal for You

There is no complicated routine or special technique needed to become breast aware. The most important thing is knowing how your breasts or chest normally look and feel, so that you are more likely to notice something that is different for you.

Changes that should be checked include:

- A new lump or swelling in the breast, upper chest or armpit
- A change in the size, shape or colour of a breast
- Puckering, dimpling or another change to the skin
- A change in the position or appearance of the nipple, including a nipple that becomes pulled in
- A rash or crusting around the nipple
- Unusual fluid or blood coming from the nipple
- New and persistent pain or discomfort in a breast or armpit

If you notice a change that is new or unusual for you, contact your GP or another appropriate healthcare professional. **Do not wait for your next screening appointment if you have symptoms.**

Screening Can Help Find Breast Cancer Early

Breast screening is designed to identify breast cancer before symptoms develop. It uses mammography, which involves taking X-ray images of the breasts. Screening can identify some cancers when they are very small and cannot yet be felt or seen, which can help make earlier treatment possible.

In Wales, women aged 50 up to their 70th birthday are routinely invited for breast screening every three years. Women aged 70 and over are no longer routinely invited, but they can contact **Breast Test Wales** to arrange screening.

If you receive a screening invitation, consider attending and making it part of your routine healthcare.

It is also important to remember that screening is not a replacement for seeing your GP about symptoms. If you notice a change, seek medical advice even if you have recently had a mammogram or are not yet in the screening age group.

Small Changes Can Help Reduce Your Risk

There is no guaranteed way to prevent breast cancer. Some factors, including age and certain aspects of family history and genetics, cannot be changed. However, there are things we can do that may help lower our risk.

Regular physical activity (walking, cycling, swimming and simply moving throughout the day), maintaining a healthy weight and **reducing alcohol consumption** can all contribute to a healthier lifestyle and may reduce the risk of breast cancer.

Small, sustainable changes to everyday habits can contribute to better overall health.

Your Wellbeing Editors For support & info, email **mikel.mellick@cardiffcityfc.co.uk**



Don't Ignore a Change

Talking about breast cancer can feel uncomfortable or frightening, but awareness can empower us to take action. If something looks or feels different, do not ignore it or hope that it will simply go away. Contact your GP and explain what you have noticed. Getting a change checked does not mean that you have breast cancer, but it is important to find out what is causing it.

If you are invited for breast screening, consider taking up the opportunity. If you are worried about your family history or your risk of breast cancer, speak to your GP. This Breast Cancer Awareness Month, take a few minutes to think about your own health and encourage the people around you to do the same.

Know your body. Know the signs. Get checked.



Support Breast Cancer Now. Scan here.

BREAST CANCER NOW

KNOW YOUR BREASTS

TOUCH LOOK CHECK

Get Support

Always speak to your GP in the first instance. Other useful resources include:

Public Health Wales:
phw.nhs.wales/contact-breast-test-wales/

Breast Cancer Now:
breastcancernow.org

In association with

cawr cyngil

Cardiff Metropolitan University | Prifysgol Metropolitan Caerdydd

GIG NHS | Iechyd Cyhoeddus Cymru Public Health Wales

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