

Meet Claire

A mother, wife, sister, daughter and aunt. A 1 in 10

Mother of two young children and breast cancer patient, Claire Williamson, knows first-hand how crucially important it is for women to be breast aware and to contact their GP immediately if they notice a change in their breast.

"When I found a lump I went to my GP. She thought it was probably nothing to worry about but referred me to the breast clinic where I had a biopsy.

When I got my diagnosis, I was overwhelmed. You want life to stop, to pedal backwards, a lot of information is thrown at you but you don't take it in.

My immediate reaction was how do I protect my kids from this? Jamie was only 18 months old, Charlie was six. You wonder if you'll see your kids grow up.

I had a lumpectomy and my lymph nodes were removed and I felt fine. After a lovely Christmas with the family I started chemotherapy. It lasted five months and wiped me out, it had me on my hands and knees. Literally.

I then had radiotherapy for three weeks. Towards the end of my treatment I really felt I needed something to support my mental health. It was so important for me to get external support, outside of my friends and family, at that critical time in my life.

I think it's an excellent idea to have support groups for younger women - a place where you can get expert advice on different issues such as infertility or relationships, where you can meet other women going through the same as you and to help you feel positive and upbeat.

There is a great need for support for these women, who may have been considering big life changes such as marriage and starting a family and suddenly finding themselves facing cancer.

I want to thank everyone who holds a girls' night in for this very worthwhile cause - you are really helping to make a difference."



Support
Your Girls

Be Breast Aware

It's so important to get to know what's normal for you by checking regularly. That way, if something changes, you'll notice. Be aware of the signs of breast cancer:



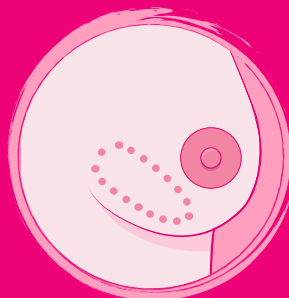
A LUMP



**THICKENING,
PUCKERING OR DIMPLING
OF THE BREAST**



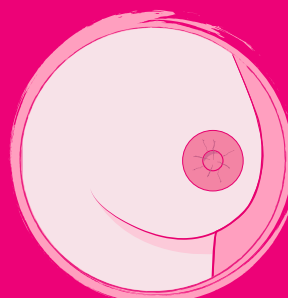
**CHANGE IN SIZE
OR SHAPE OF
YOUR BREAST**



**UNUSUAL PAIN OR
SWELLING IN YOUR BREAST,
ARMPIT OR COLLARBONE**



**REDNESS OR RASH
ON THE BREAST
OR NIPPLE**



**NIPPLE INVERSION
OR NIPPLE
DISCHARGE**

**IF IN DOUBT,
GO TO YOUR GP**

#BeBreastAware



Celebrating over 50 years