

# Breast cancer awareness gives women power

Black women are more likely to be diagnosed with breast cancer at a later stage of cancer than many other women. Let's change that by talking about it. We want to encourage black women to get together with others who have had similar experiences so that we can all learn from each other.

This is Dee, who was diagnosed with breast cancer in 2019. She was supported by Macmillan with a grant, counselling and with help applying for benefits.

**“ In the black community, there is a big taboo when it comes to speaking about illness. ”**

SCAN HERE



# Information you can trust from people who understand

Macmillan has a free confidential phone line open every day from 8am-8pm. You're very welcome to call us on **0808 808 00 00**. We'll try to help with any medical questions, refer you to services in your area, help you access benefits, give you financial guidance or just be there to listen if you need someone to talk to.

Our website also has lots of useful information. Visit [macmillan.org.uk](https://www.macmillan.org.uk)

## Talk to us about:

- **Help at work**
- **Financial guidance**
- **Help accessing benefits**

### **Our Health Team are here for you**

Our nurses, doctors and other health and social care professionals give expert support to people with cancer and their families.

### **Ask us about Macmillan Grants**

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

### **Download the My Organiser app**

Our free app can help you manage your treatment, from appointment times and contact details to reminders for when to take your medication. Search 'My Organiser' on the Apple App Store or Google Play on your mobile phone.

### **Information Centres**

Speak with someone face-to-face, in hospitals, libraries and mobile centres.

## Coping with hair loss

A lot of women, particularly black women, are worried that they may lose all or some of their hair during cancer treatment. If this happens, you might want a wig that suits your look and preferred hairstyle. This can be challenging for black women, and so we have put together some organisations that can help.

- **Wigs for cancer treatment | Macmillan Cancer Support**
- **Afro Hair Guidance Cancer Hair Loss – Cancer Hair Care**
- **Cancer Hair Care – the UK's leading hair loss support charity**
- **support@cancerhaircare.com 01438 311 322**
- **Caring For Hair – Trichologist Hair Specialist in Afro Hair**

Please note that some of these organisations may charge for their services.



## Don't be afraid to step forward

Going to cancer screenings and reporting any changes you feel, or notice, to your GP is so important. So feel good and make sure. Early diagnosis can really help.

To find out more go to: [www.nhs.uk/conditions/breast-screening-mammogram](http://www.nhs.uk/conditions/breast-screening-mammogram)

In partnership with



# MACMILLAN CANCER SUPPORT

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