

HAMPSHIRE JSNA SPOTLIGHT

Breast Cancer

How does this impact our population?

Breast cancer is one of the most common causes of cancer in the UK, with around **59,000 people diagnosed every year**. Across Hampshire and the Isle of Wight, 1,745 people were diagnosed with breast cancer in 2021 (the most recent year we have data for). Screening can help to catch breast cancer early, which means treatment is more likely to be successful. The NHS guidance is that regions should be aiming for at least 80% of eligible people to attend breast screening. In our region, however, attendance is usually **between 70-75%**. In recent years, fewer people are dying at an early age (under 75 years) from breast cancer, which is great progress, but with improved survival and an ageing population in Hampshire, we expect that **the number of people living with all types of cancer will increase over the next few decades**. This may increase pressure on cancer and wider health care services.

Breast cancer is October's spotlight topic because it is **breast cancer awareness month**. Numerous UK-based breast cancer charities will run awareness campaigns and fundraising events throughout the month.



[Cancer Research UK](#)

Signs and symptoms of breast cancer

 A lump or swelling in the breast, upper chest or armpit	Changes to the skin, such as puckering or dimpling 
 A change in the colour of the breast – it may look darker, red or inflamed	Changes to the nipple, e.g. it has become inverted 
 A rash or crusting around the nipple	Unusual liquid (discharge) from either nipple 
 CANCER RESEARCH UK	Cambridge Centre  Changes to the size or shape of the breast

What support is in place for Hampshire residents?

The national **breast screening programme** is offered to women from the age of 50 up until their 71st birthday, and you can request it every 3 years after that if you wish. If you are trans or non-binary, you can speak to your GP about your options. But you should [check your own chest or breasts](#) regularly for any signs or symptoms and speak to your GP if you are worried – don't wait for screening.

Where can I learn more?

Visit our [Demography](#) and [Cancer](#) JSNA reports. The [JSNA data glossary](#) can help guide you. Additionally, the NHS website has more information about the national [breast screening programme](#).

If you have a question and would like to get in touch with Hampshire's Public Health Intelligence Team, you can use the QR code or email PHIT@hants.gov.uk

