

[www.thethrivologist.com](http://www.thethrivologist.com) Breast Cancer Resources\*



[Breast cancer | Cancer Research UK](#)

Information from the world's largest cancer research organisation about breast cancer, symptoms, treatments, current trials and further resource links.

[The NHS Jewish BRCA Testing Programme - Jewish BRCA](#)

The new national NHS Jewish BRCA Testing Programme will see anyone over the age of 18 with Jewish ancestry offered a simple genetic saliva test to look for the presence of BRCA1 or BRCA2 faults. The saliva samples will be carried out at home and then be sent to labs for testing.

[Family history of breast cancer and inherited genes | Cancer Research UK](#)

Information on the kinds of breast cancer caused by inherited genes and who may be eligible for testing including based on family history.

[Self-exam App — Know Your Lemons® for Early Detection](#)

A global non-profit organisation for breast health education, they provide information on the visible signs of breast cancer and a breast self examination app which can provide reminders on when to check which can link in with a menstrual tracker.

[SMS Reminders - CoppaFeel!](#)

CoppaFeel! are a UK based youth focused breast cancer awareness charity, which aims to get 18-24 year olds checking their chest. They have information on how to check your chest along with signs and symptoms that something might be wrong. They have an SMS reminder service (UK only) to remind you to check your chest.

[Is it still ok to have cuddles? - Elke Thompson](#)

Award winning illustrated autobiographical story for children aged 3+ explaining in age-appropriate language what breast cancer is, and what happens during chemotherapy, surgery and radiotherapy.

[Future Dreams | In-person and virtual breast cancer support](#)

Based in London, a non medical environment where those touched by breast cancer can access and extensive range of online and in person services and support including movement classes, creative workshops and relaxation to provide emotional, practical and psychological support to people with breast cancer.

[Beauty Despite Cancer by Jennifer Young | Skincare for Cancer Patients](#)

Skincare line and gifts designed to be safe and tackle some of the issues associated with cancer treatments, also a link to spas & therapy finder for patients living with cancer who may be refused access to regular spa or therapy treatments

## [Cancer Hair Care UK's leading hair loss support charity](#)

UK charity offering free, expert advice and support on all aspects of hair loss, hair loss prevention (scalp cooling) and hair care, before, during and after cancer treatments



## [The Complete Guide to Breast Cancer \(penguin.co.uk\)](#)

Written by retired breast cancer surgeon Liz O’Riordan and retired GP Professor Trish Greenhalgh both of whom have had breast cancer, this book combines their experiences as patients and doctors to provide a wealth of trusted and thorough information for both patients and their family. An absolute must read for anyone navigating a breast cancer journey.

## [Maggie's | Everyone's home of cancer care \(maggies.org\)](#)

UK Charity with support centres and online support for patients going through cancer, including benefits advice, psychological support and much more

## [Working with Cancer](#)

Best practice guides for employers, workshops & support for employees with senior professionals who are trainers & policy advisors from a wide range of industries and have experienced cancer.

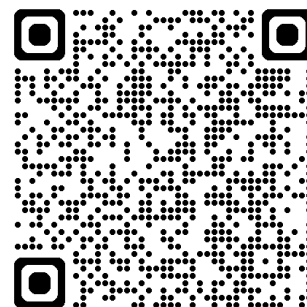
*\*This list of resources for breast cancer is here to help for informational purposes only. Whilst I have tried to include reputable sources, the information presented may not be comprehensive, current, or applicable to every individual's situation.*

*DOI – I am a media volunteer with Cancer Research UK, however other than this, I do not endorse any specific organisation or website. I would always recommend users to consult with healthcare professionals for personalised medical advice and treatment options.*

*The resources listed may contain opinions or viewpoints that do not necessarily reflect my own. When making any health-related decisions, I recommend you verify the credibility of the information and consider seeking multiple sources, and always discuss with your own healthcare team.*



If you've enjoyed one of my "Thrivology Talks" and would like to make a donation to Cancer Research UK's life changing work you can do so with this QR code.



If you are a business who has enjoyed one of my "Thrivology Talks" and are interested in a corporate partnership with CRUK please follow this QR code to connect with them.