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| Mid and South Essex Integrated Care System |

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| NHS Mid and South Essex logo |

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| **Blog** |

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| **Breast Cancer Awareness Month with Macmillian GP Dr Andrea Oustayiannis** |
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| **Do you check your breasts regularly for changes? Do you know when to seek medical advice about your breast concerns?**This October, we are proud to mark Breast Cancer Awareness Month.In our latest blog, Dr Andrea Oustayiannis, a local Macmillan GP, shares valuable insights into the importance of regular breast checks and how to spot the early signs of breast cancer using the ABCD method. Early detection can potentially save lives by ensuring timely access to treatment.Take a few minutes to read the full blog and share this information with others to help raise awareness. |
| [Know the ABCD symptoms of breast cancer](https://news.comms.midandsouthessex.ics.nhs.uk/CF07B44C29186157EFA0F4A6977FBC3813DF41946C285E9FB9D6CB59C15DAE46/269966A9AEB09AB00847EB46E17D41C3/LE35) |

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