

CoppaFeel! and Live Through This Launch Chest Checking Posters and Resources for the Trans Community

Charities have collaborated to create resources to help trans and non-binary people get to know what's normal for their chest.



Breast cancer awareness charity CoppaFeel! has joined forces with Live Through This, the UK's only LGBT+ cancer charity, to create a set of chest-checking posters and an information webpage for trans and non-binary people.

Breast cancer can affect people of any age or gender, so it's really important for everyone to get to know what's normal for their body. Whilst everyone is different, CoppaFeel!'s message is the same for people of all genders - and the charities hope that these new posters will help address some of the specific barriers faced by trans and non-binary people.

Clare O'Neill, Healthcare Engagement Coordinator for CoppaFeel! said "The limited research into inequalities in cancer prevention, diagnostics and outcomes for LGBTQ+ people is evidence in itself of the health inequalities that exist for this community. We know that breast cancer awareness is important for trans people, because many people going through transition will experience changes to their chests, which can also impact risk. We therefore worked with Live Through This to create these resources to educate and empower trans people with health information, and support them to get to know their chests."

Whilst information about the risk of breast cancer in transgender and non-binary people is still limited, many people who choose to transition - the process of aligning your sex or gender presentation with your gender identity - will experience changes to their chest. CoppaFeel! and Live Through This have created specific resources to help bridge the information gap about how to navigate checking throughout these potential changes.

Stewart O’Callaghan, Founder and Director of Live Through This commented “Here at Live Through This we believe strongly in collaboration to make positive change. Developing these resources was a team effort between us, CoppaFeel! and our trans and non-binary community members who were able to directly tell us what is important to them. I am proud of what we have been able to deliver together and hope that everyone enjoys them as much as we did making them.”

The resources are the first of their kind and include two posters, one of which presents the signs and symptoms of breast cancer and one which includes checking guidance and tips on how to get started, addressing trans-specific issues such as how to deal with dysphoria when checking.



Sinéad Molloy, Head of Marketing at CoppaFeel! said “We made a deliberate choice to move away from typical representations of breast cancer symptoms, which use gendered illustrations. We wanted to represent the signs of breast cancer in a way that avoided reinforcing what any person's body ‘should’ look like. We worked closely with a focus group of trans and non-binary beneficiaries to develop fruit-based images as a playful nod to the variety

of ways people's chests might look. Your chest might be big, small, firm, saggy, hairy or smooth - and these are all natural and healthy ways for it to be'.

The posters will be complemented with an online resource providing guidance about changes during transition, stories from young trans people and answers to some common FAQs. These resources were created over a period of 5 months, involving numerous focus groups and close work between CoppaFeel! and Live Through This to ensure that the information about checking and breast awareness was presented in a sensitive, accurate and inclusive way.

Rico Jacob Chace, Director at TransActual UK CIC who took part in the focus groups commented "As the society we live in becomes more inclusive the healthcare provided should reflect the patients. Without access to inclusive resources members of the trans and non-binary communities, who are just as susceptible of contracting cancer, will be unaware of how to manage and potentially mitigate the risks. Live Through This and CoppaFeel! have created this forward-thinking and inclusive resource with the help of focus groups of the people it's aiming to serve. Focus groups and consultations sessions work, and it shows in the final product. These resources will help the trans and non-binary communities have the same quality of life as the rest of society."

To explore the posters and online resource, head to coppafeel.org/livethroughthis.

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About CoppaFeel!

CoppaFeel! aims to ensure that all breast cancers are diagnosed at the earliest stage possible by educating people on the signs and symptoms of breast cancer, encouraging them to check regularly and instilling the confidence to seek medical referral if they detect abnormalities. Currently 5% of diagnosed cases are already at stage IV with breast cancer being the second most commonly diagnosed cancer in women under 30 in the UK (181 new cases diagnosed and 12 deaths annually). CoppaFeel! is the third most recognized breast cancer charity amongst young people and those aware of CoppaFeel! are 58% more likely to check their boobs regularly than those not aware (CoppaFeel! research, sample based upon 18 – 29 year olds. December 2019 research).

Find out more about CoppaFeel! at: coppafeel.org, Instagram and Twitter @coppafeelpeople

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About Live Through This

Live Through This is the UK's only LGBT+ cancer charity, supporting and advocating for LGBT+ people affected by cancer. LGBT+ people can face unique barriers to equitable care when it comes to cancer

and we are committed to breaking these down together with our community. We support any LGBT+ person affected by cancer from screening through to survivorship.

To find out more, visit our socials Instagram and Twitter @LTTcancer or check out our website www.livethroughthis.co.uk

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