

Real stories: Catherine Macleod

Several years ago, Catherine Macleod was told she had breast cancer after attending routine breast screening.

Since undergoing treatment, Catherine has become a breast cancer survivor and returned to work.

During a recent International Women's Day event held in An Lanntair, Stornoway, Catherine championed women to be more breast aware, and to visit their GP if they found a lump or had a breast concern.

Catherine also stated the importance of attending the Scottish Breast Screening Unit, where her own cancer was found.

Catherine told the audience that through attending the Screening Unit, this was how her cancer was detected early - when the clumps of affected cells were no larger than 'grains of sand'.

Most women know that a lump can be a sign of breast cancer. Lumps can be found anywhere in your breasts, armpit or around your collarbone.

If you do find one it doesn't necessarily mean you have cancer. However, you do need to get it looked at by your doctor – just to rule it out

