

**Love your breasts  
Be breast aware**

**TLC**  
**TOUCH  
LOOK  
CHECK**

**breast cancer  
now**

[breastcancernow.org/tlc](http://breastcancernow.org/tlc)

**Find out about the signs and  
symptoms of breast cancer**

# It's as simple as **TLC**

## **T** **L** **C**



Lump – may not be seen, but might be felt



Skin texture  
e.g. dimpling/  
puckering



Appearance  
or direction of  
nipple



Nipple  
discharge



Rash or  
crusting

## **TOUCH**

- Can you feel a lump? Either in the breast, upper chest or armpits.
- Is there a lumpy area? Or unusual thickening of the breast tissue that doesn't go away?
- Is there any unusual pain? Either in part of the breast or the armpit.

## **LOOK**

- Any change in size or shape? e.g. one breast might become larger or lower than the other.
- Any change in skin texture? Such as puckering or dimpling of the skin of the breast.
- Any change in colour? e.g. the breast may look red or inflamed.
- What about the appearance or direction of the nipple? e.g. one might become inverted (turned in) when it normally points out.
- Any unusual discharge? One or both nipples might have a discharge.
- Any rash or crusting? Of the nipple or surrounding area.

## **CHECK**

- Is anything unusual? If so, get it checked out by your doctor as soon as possible.

**For more information, visit  
[breastcancer.org/tlc](http://breastcancer.org/tlc)**

**Please email feedback or  
queries to  
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**[breastcancer.org](http://breastcancer.org)**



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