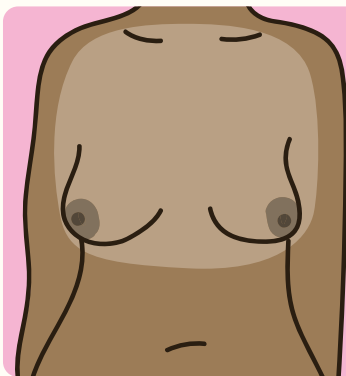


TOUCH LOOK CHECK

**Touch your breasts. Look for changes. Check with a GP.
No matter what size or shape your breasts are, check
them regularly.**



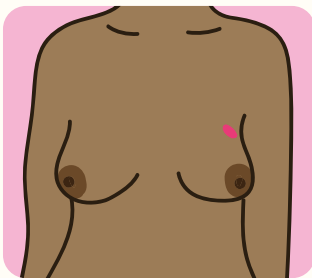
Check your whole breast area, including up to your collarbone (upper chest) and armpits.



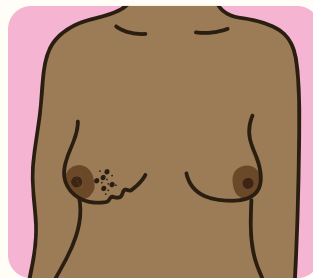
Watch our Touch Look Check breast awareness video:
breastcancer.org/getchecking

Signs and symptoms may appear differently on various skin tones. These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.

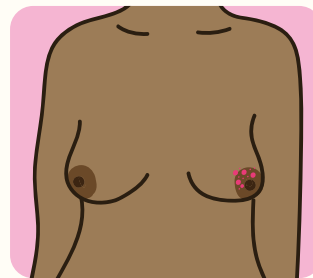
Changes to look and feel for



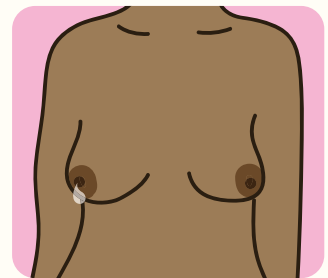
A **lump or swelling** in the breast, upper chest or armpit



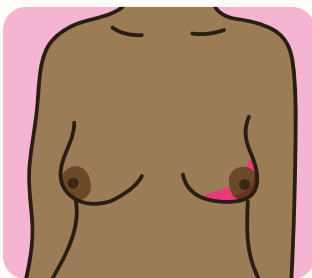
A **change to the skin**, such as puckering or dimpling



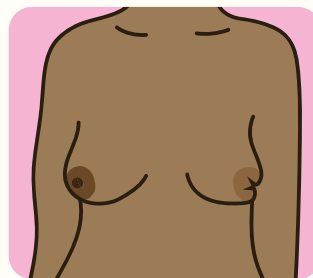
Rash or crusting around the nipple



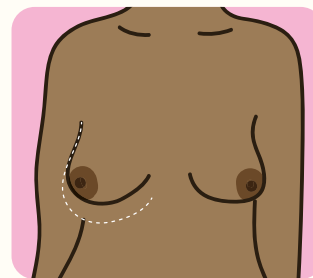
Unusual liquid (discharge) from either nipple



A change to the **colour** of the breast – the breast may look darker, red or inflamed



A **nipple change**, for example it has become pulled in (inverted)



Changes in **size or shape** of the breast

On its own pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.