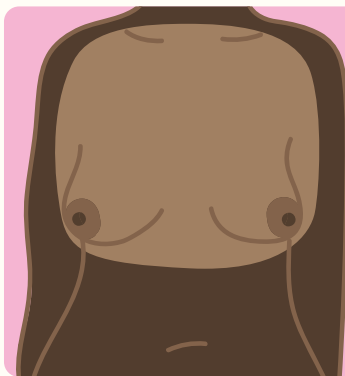


TOUCH LOOK CHECK

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



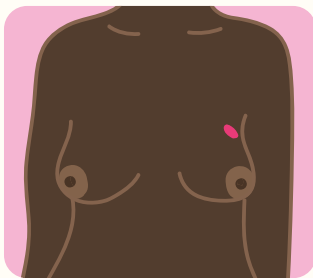
Check your whole breast area, including up to your collarbone (upper chest) and armpits.



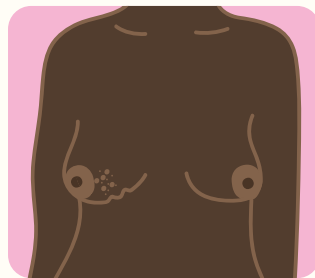
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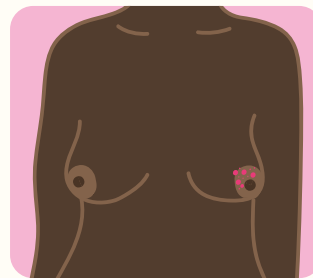
Changes to look and feel for



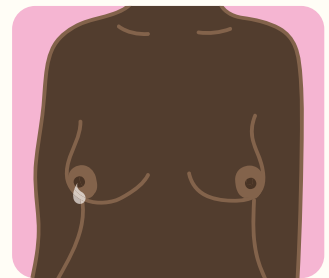
A **lump or swelling** in the breast, upper chest or armpit



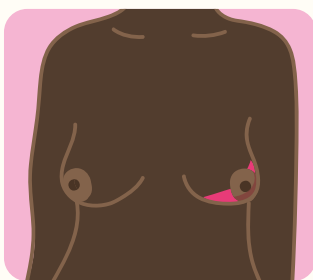
A **change to the skin**, such as puckering or dimpling



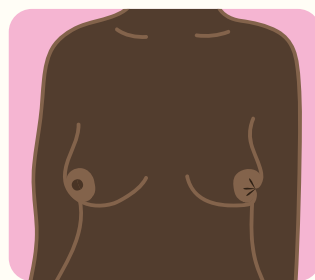
Rash or crusting around the nipple



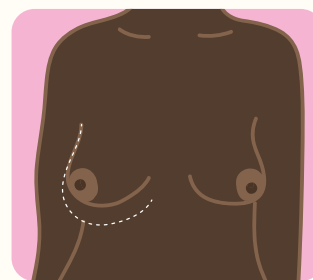
Unusual liquid (discharge) from either nipple



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)

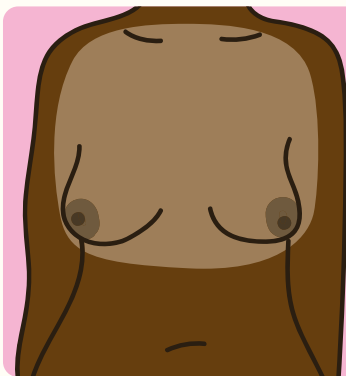


Changes in **size or shape** of the breast

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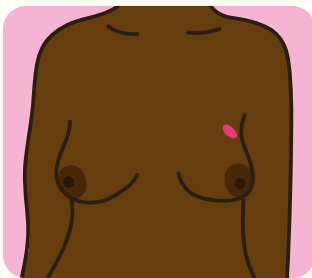
Check your whole breast area, including up to your collarbone (upper chest) and armpits.



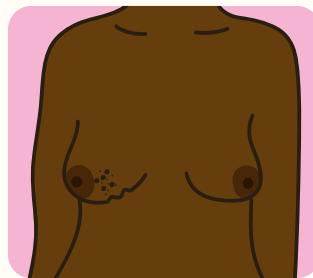
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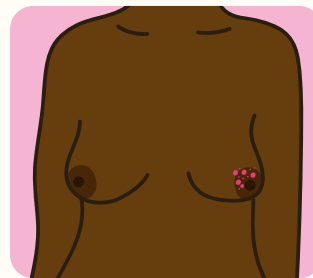
Changes to look and feel for



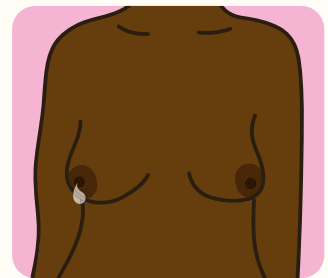
A **lump or swelling** in the breast, upper chest or armpit



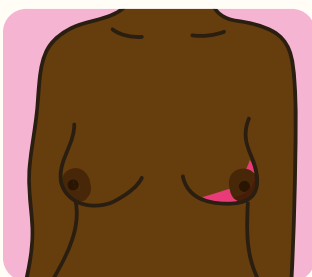
A **change to the skin**, such as puckering or dimpling



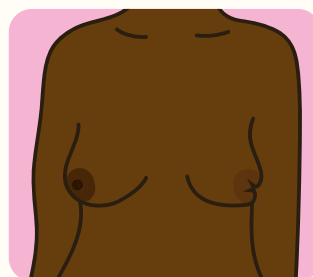
Rash or crusting around the nipple



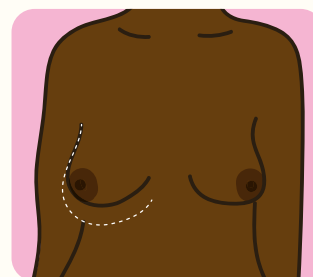
Unusual liquid (discharge) from either nipple



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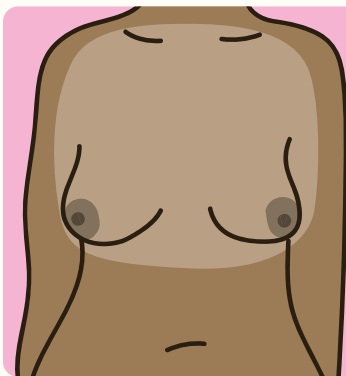


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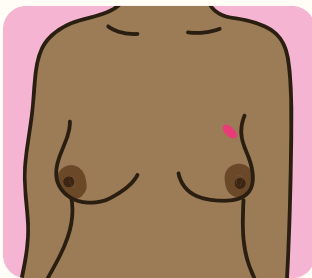
Check your whole breast area, including up to your collarbone (upper chest) and armpits.



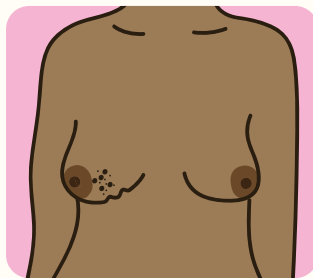
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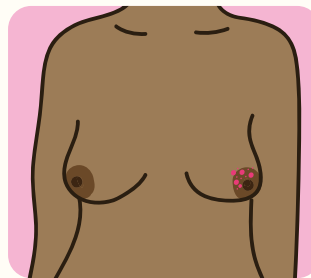
Changes to look and feel for



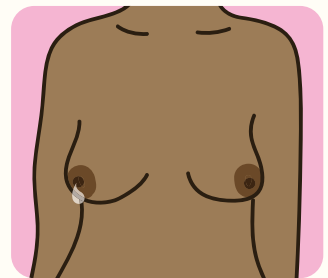
A **lump or swelling** in the breast, upper chest or armpit



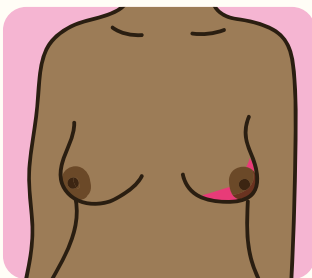
A **change to the skin**, such as puckering or dimpling



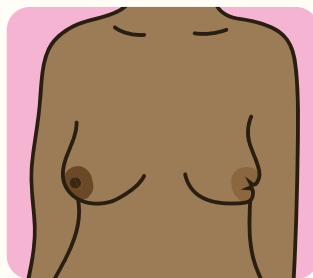
Rash or crusting around the nipple



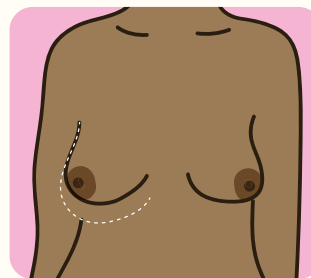
Unusual liquid (discharge) from either nipple



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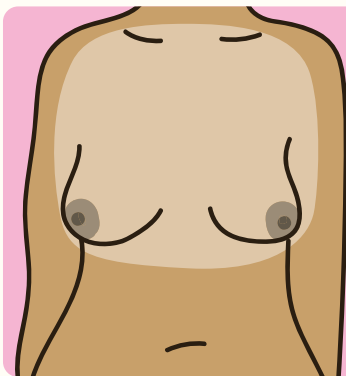


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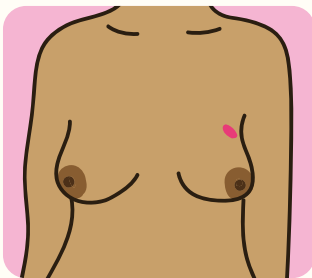
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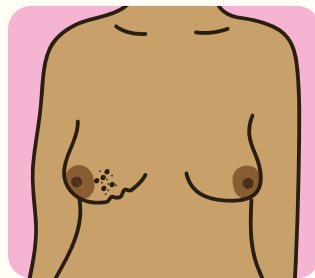
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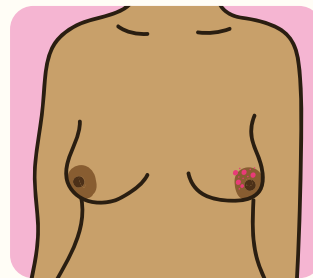
Changes to look and feel for



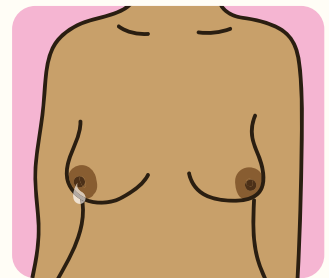
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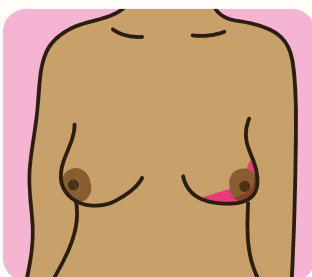
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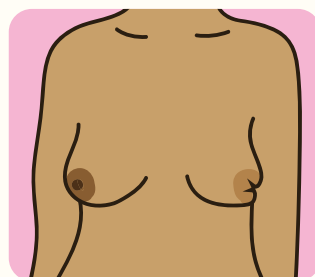
Rash or crusting around the nipple



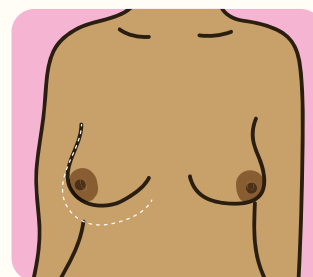
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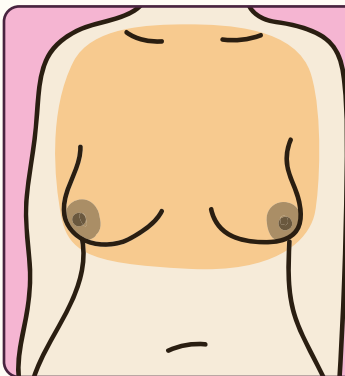


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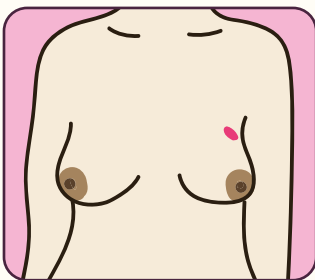
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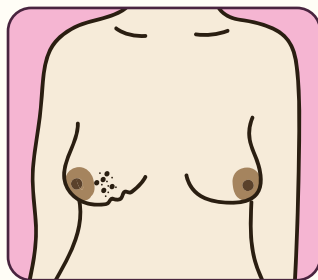
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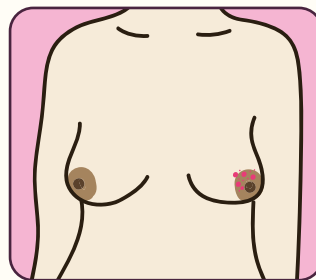
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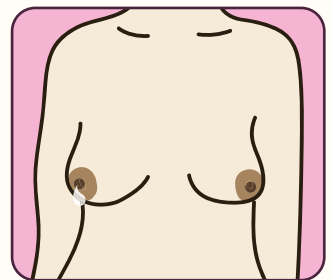
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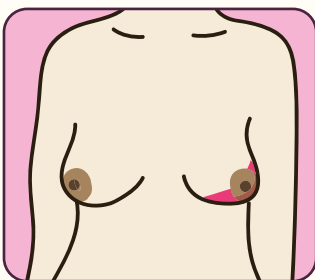
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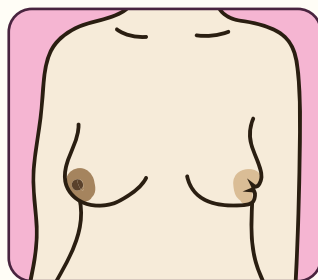
Rash or crusting around the nipple



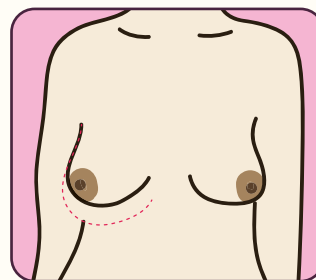
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