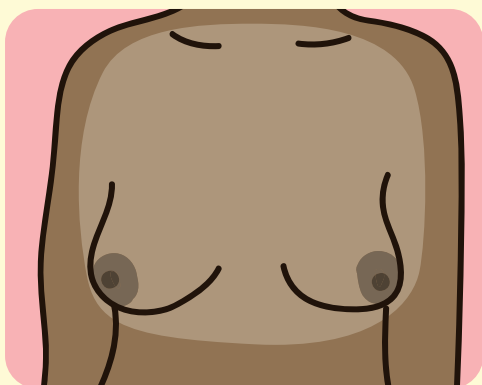


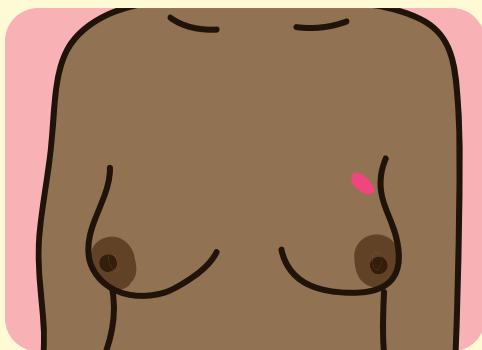
# TOUCH YOUR BREASTS LOOK FOR CHANGES CHECK ANY CHANGES WITH YOUR GP

No matter what size or shape your breasts are, **check them regularly.**

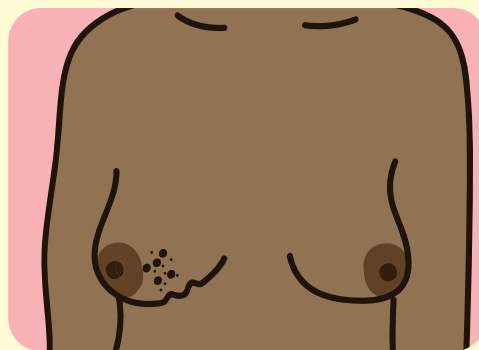


Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for **changes**.

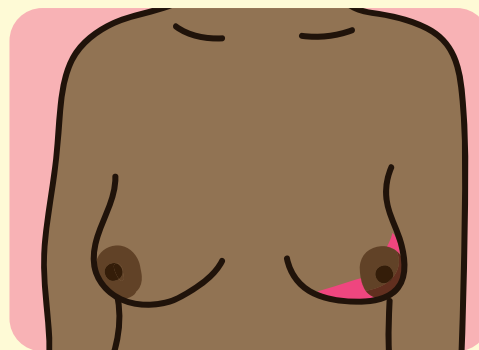
Signs and symptoms may appear differently on various skin tones



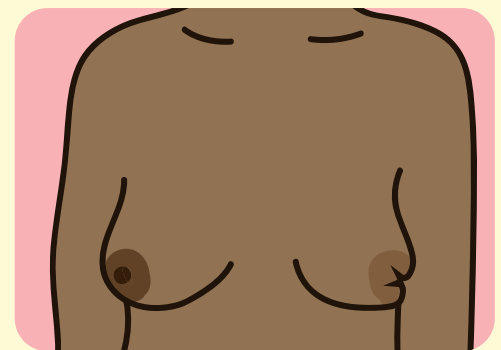
A **lump or swelling** in the breast, upper chest or armpit



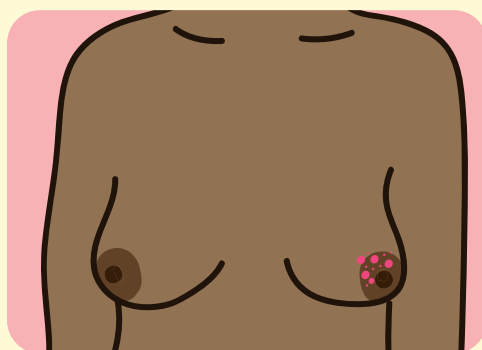
A **change to the skin**, such as puckering or dimpling



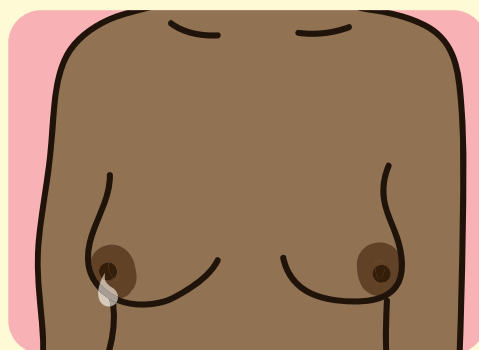
A change in the **colour** of the breast – the breast may look darker, red or inflamed



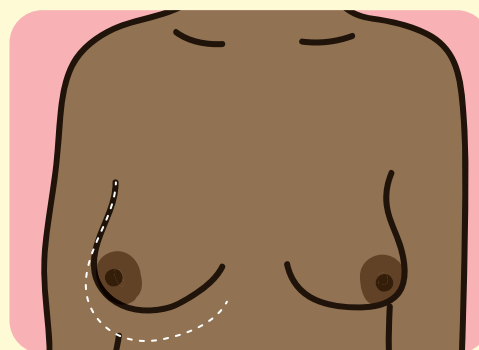
A **nipple change**, for example it has become pulled in (inverted)



**Rash or crusting** around the nipple



**Unusual liquid** (discharge) from either nipple



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

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

Watch our Touch Look Check breast awareness video  
[breastcancernow.org/getchecking](https://breastcancernow.org/getchecking)

These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.



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