

# YOU KNOW YOUR BODY BETTER THAN ANYONE

Getting to know how your breasts look and feel normally means you'll be able to notice any unusual changes.

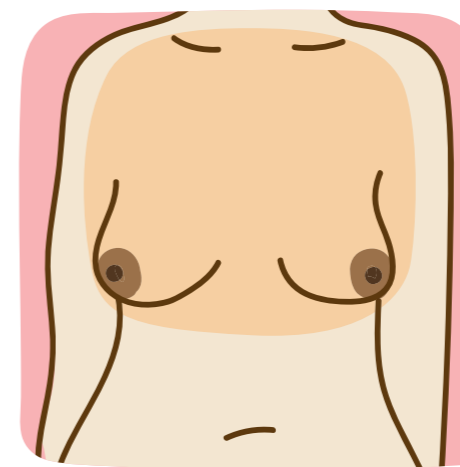
A change to the way your breasts feel or look could be a sign of cancer. So get any new or unusual changes checked by a GP.

Most breast changes, including lumps, are not cancer. But the sooner breast cancer is found, the more successful treatment is likely to be.

# CHANGES TO LOOK AND FEEL FOR

There's no special way to check your breasts and you do not need any training. Everyone will have their own way of touching and looking for changes.

Get used to checking regularly and be aware of anything that's new or different for you.



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

# WE'RE HERE FOR YOU

We want everyone to have the confidence to check their breasts and report any new or unusual changes.

If you have any questions or worries about your breasts or breast cancer, call us free and confidentially. We have access to an interpreting service in over 240 languages.

**0808 800 6000**

# CHECKING YOUR BREASTS IS AS EASY AS TLC

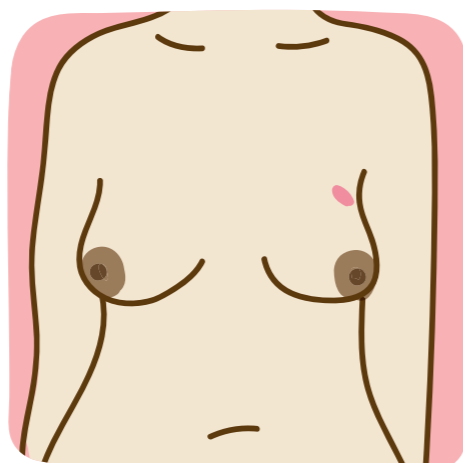
## TOUCH YOUR BREASTS

Can you feel anything new or unusual?

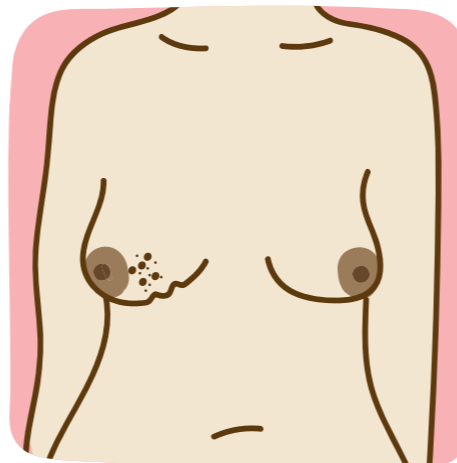
## LOOK FOR CHANGES

Does anything look different to you?

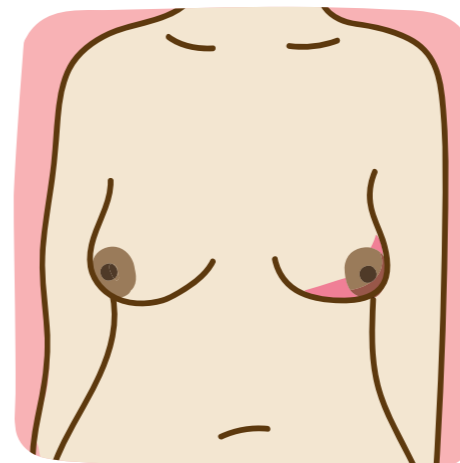
## CHECK ANY NEW OR UNUSUAL CHANGES WITH A GP



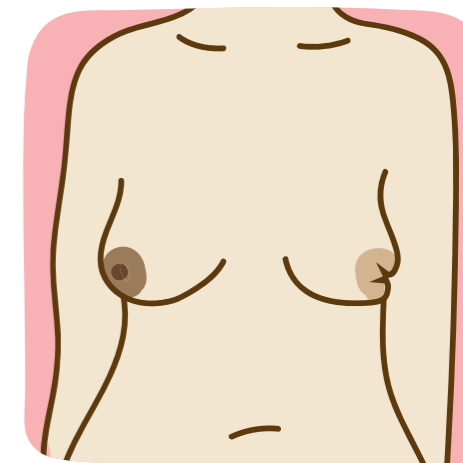
A **lump or swelling** in the breast, upper chest or armpit



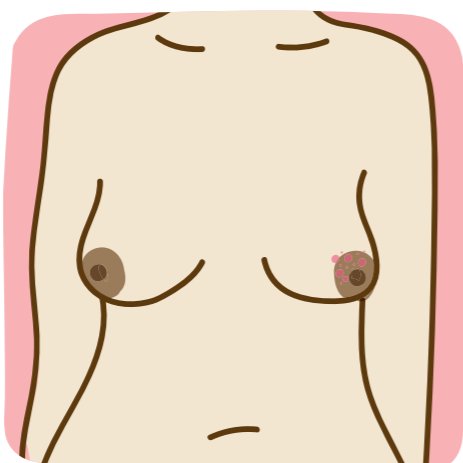
A **change to the skin**, such as puckering or dimpling



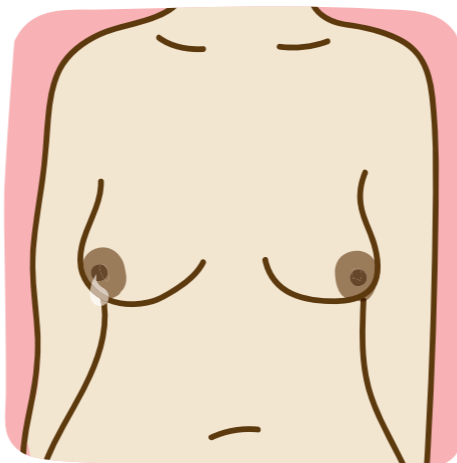
A change in the **colour** of the breast – the breast may look red or inflamed



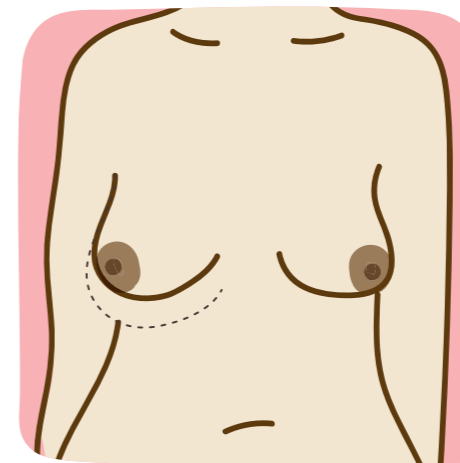
A **nipple change**, for example it has become pulled in (inverted)



**Rash or crusting** around the nipple



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



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

## BREAST PAIN

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.

TOUCH  
LOOK  
CHECK™

BREAST  
CANCER  
NOW  
The research & care charity

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Patient Information Forum

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# KNOW YOUR BREASTS 了解您的乳房

Simplified Chinese

TOUCH LOOK CHECK™ BREAST CANCER NOW  
The research & care charity

## 自查乳房只需三个简单步骤，即TLC（触、察、查）

### TOUCH 触摸 – 触摸您的乳房

您能否感到任何新的变化或异常？

### LOOK 观察 – 观察变化

您觉得和正常乳房外观相比有什么不同？

### CHECK 检查 – 找全科医生检查新的或异常变化

## 我们在此随时为您提供帮助

我们希望每个人都有信心检查她们的自己乳房，并报告任何新的或异常变化。

如果您对您的乳房或对乳癌有任何问题或担心，请致电我们的免费和保密热线。

我们能提供240多种语言为您服务。

0808 800 6000

## 您比任何人都更了解自己的身体

了解正常的乳房外观和感觉意味着如果您的乳房发生任何异常变化都会引起您的注意。

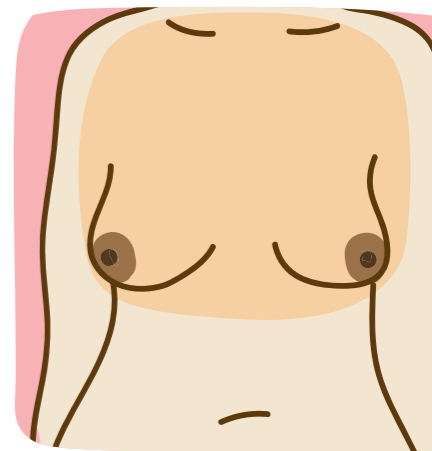
乳房感觉或外观的变化可能是癌症的征兆，所以乳房一旦出现新的或异常变化，请找您的全科医生做检查。

大部分乳房变化，包括肿块都不属癌症。但乳腺癌发现得越早，成功治愈的机率就越高。

## 外观和感觉的变化

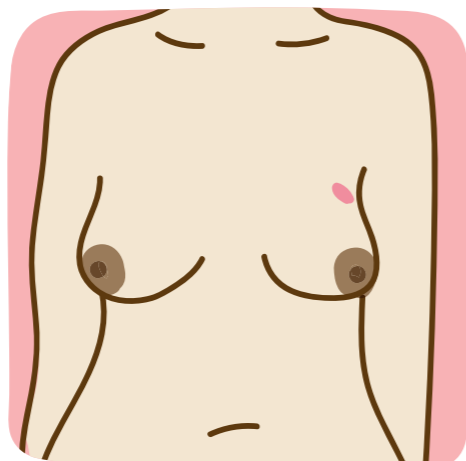
这里不存在检查乳房的特殊方法，您也不必接受培训。每个人都有自己触摸和查看变化的办法。

要养成定期检查的习惯，并认识您新的和不同的事物。

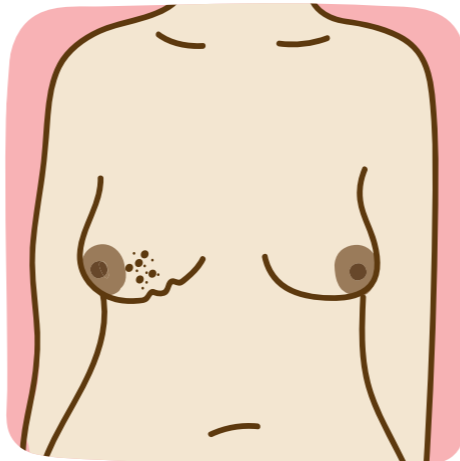


检查整个乳房及周边部位，包括锁骨（上胸部）和腋窝。

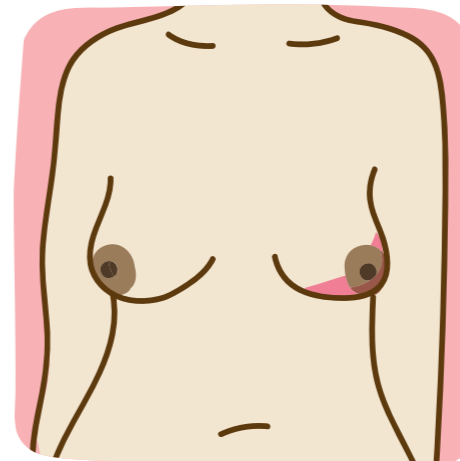
这些插图仅供参考。让全科医生检查一下您看到或感觉到的自身变化。



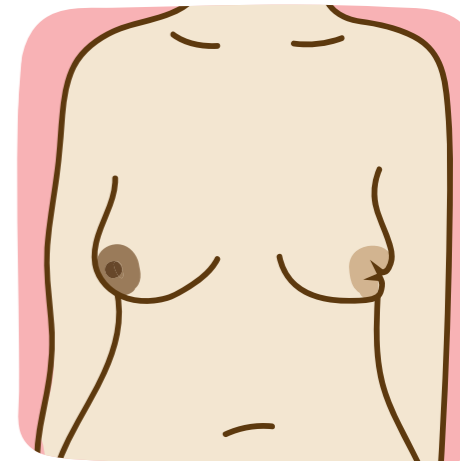
乳房、上胸部或腋窝的肿块或肿胀



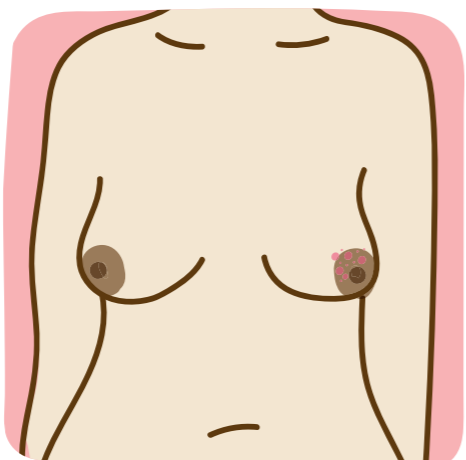
皮肤的变化，如皱纹或凹陷



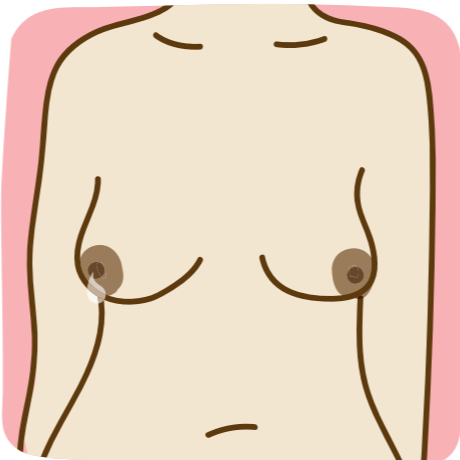
乳房颜色的变化 - - 乳房看起来可能发红或发炎



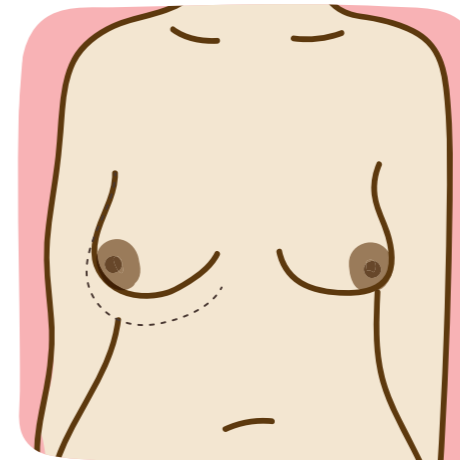
乳头变化，如：内陷



乳头周围有皮疹或结痂



乳头流出异常液体（分泌物）



乳房大小或形状的变化

### 乳房疼痛

一般来说，乳房疼痛通常不是癌症的征兆。但要注意您的乳房或腋窝是否一直或几乎一直在痛。