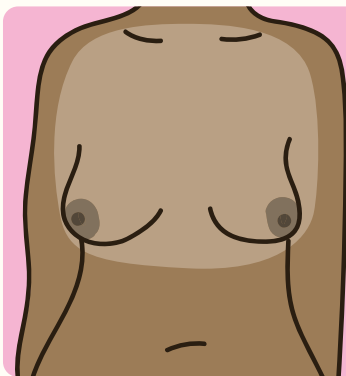


TOUCH LOOK CHECK

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



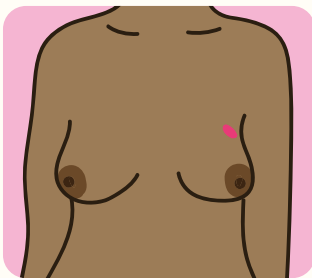
Check your whole breast area, including up to your collarbone (upper chest) and armpits.



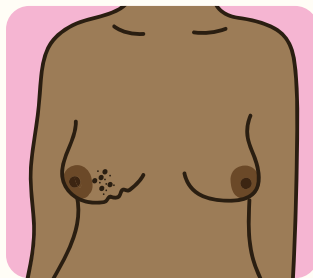
Watch our Touch Look Check breast awareness video: breastcancernow.org/tlc

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.

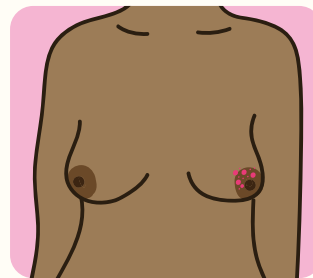
Changes to look and feel for



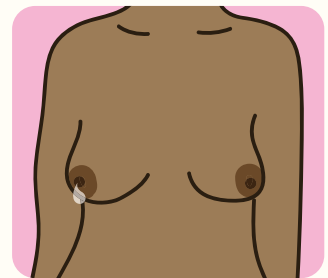
A **lump or swelling** in the breast, upper chest or armpit



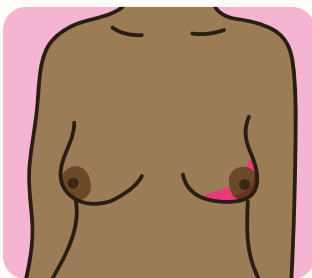
A **change to the skin**, such as puckering or dimpling



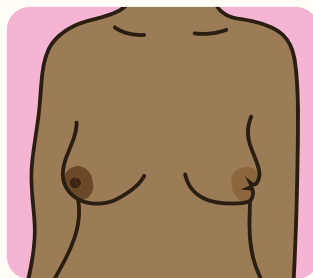
Rash or crusting around the nipple



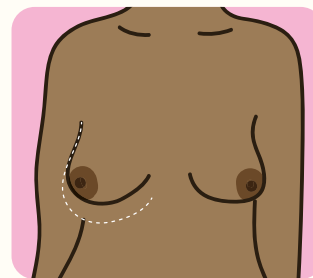
Unusual liquid (discharge) from either nipple



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.