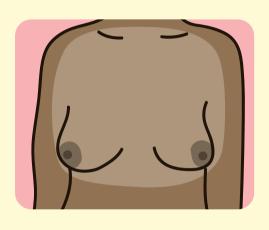
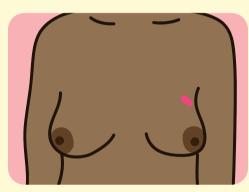
TOUCH YOUR BREASTS LOOK FOR CHANGES CHECK ANY CHANGES WITH YOUR GP

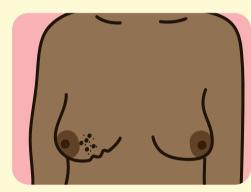


Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for changes. No matter what size or shape your breasts are, check them regularly.

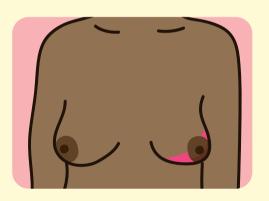
Signs and appear differently tones



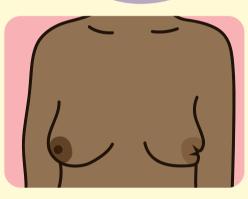
A lump or swelling in the breast, upper chest or armpit



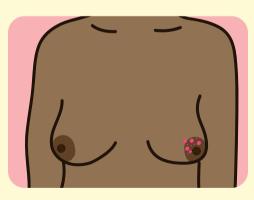
A change to the skin, such as puckering or dimpling



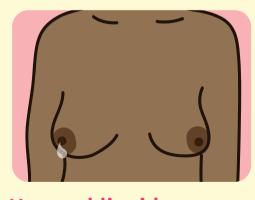
A change in the colour of the breast – the breast may look darker, red or inflamed



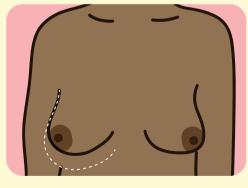
A nipple change, for example it has become pulled in (inverted)



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.

