**Signs to be aware of**

**Tell your breast care nurse or GP if you have any symptoms that are new or unusual for you, don’t have any obvious cause and don’t go away.**

### Changes to the breast or chest area

Whether you’ve had breast-conserving surgery or a mastectomy, with or without reconstruction, it’s important to be aware of any changes to either side, such as:

- **Swelling on your chest, in your armpit or around your collarbone**
- **Liquid (discharge) that comes from the nipple without squeezing it**
- **A change in shape or size**
- **Swelling in the arm or hand**
- **A change in skin texture, such as puckering or dimpling**
- **Redness or a rash on the skin, in or around the nipple or in the area of the scar line of your treated breast**
- **The nipple has become inverted (pulled in) or looks different, for example changed its position or shape**
- **A lump or thickening that feels different (with your treated breast this could be on or away from the scar line)**

### Possible signs of secondary breast cancer

- Feeling sick most of the time
- Severe or ongoing headaches
- A dry cough or feeling of breathlessness
- Any lumps or swellings under your arm, breastbone or collarbone
- Discomfort or swelling under the ribs or across the upper abdomen
- Loss of balance or any weakness or numbness of the limbs
- Feeling much more tired than usual
- Altered vision or speech
- Unexpected weight loss and a loss of appetite
- Pain in your bones, for example in the back, hips or ribs, that doesn’t get better with pain relief and may be worse at night