TOUCH YOUR BREASTS Can you feel anything new or unusual?

LOOK FOR CHANGES Does anything look different?

CHECK ANY CHANGES WITH YOUR GP



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

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

Some of these signs and symptoms may appear differently on various skin tones.

COMMON SIGNS OF BREAST CANCER INCLUDE ...



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.

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

