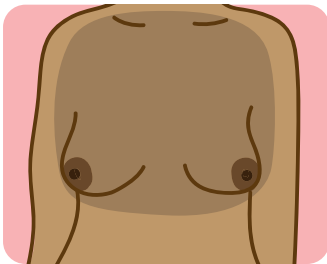


**TOUCH YOUR BREASTS** Can you feel anything new or unusual?

**LOOK FOR CHANGES** Does anything look different?

**CHECK ANY CHANGES WITH YOUR GP**



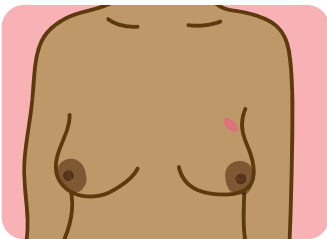
Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for **changes**.

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

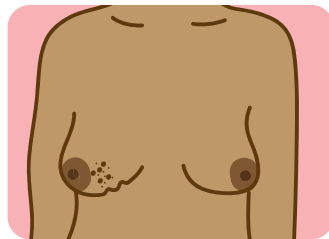
Check anything that looks or feels different for you with a GP.

Some of these signs and symptoms may appear differently on various skin tones. These illustrations are meant as a guide.

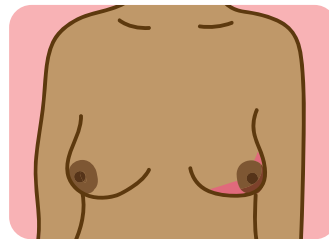
## COMMON SIGNS OF BREAST CANCER INCLUDE...



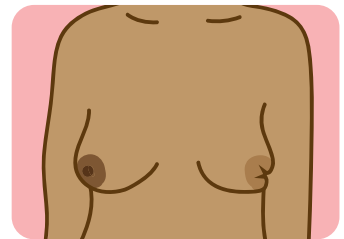
A **lump or swelling** in the breast, upper chest or armpit



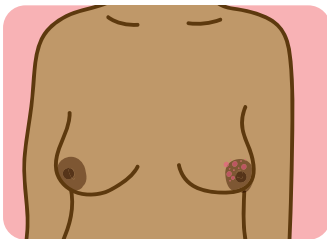
A **change to the skin**, such as puckering or dimpling



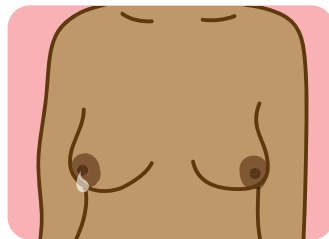
A change in the **colour** of the breast – the breast may look red or inflamed



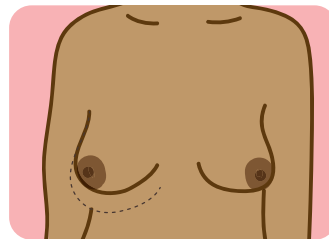
A **nipple change**, for example it has become pulled in (inverted)



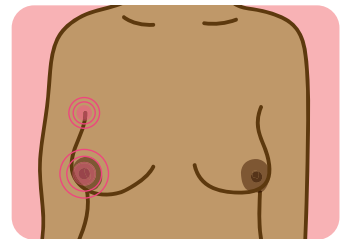
**Rash or crusting** around the nipple



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



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



**Pain** in your breast or armpit that's there all or almost all the time



**BREAST CANCER NOW**  
The research & care charity

Watch our Touch Look Check breast awareness video

[breastcancernow.org/check](https://breastcancernow.org/check)



SCAN ME

