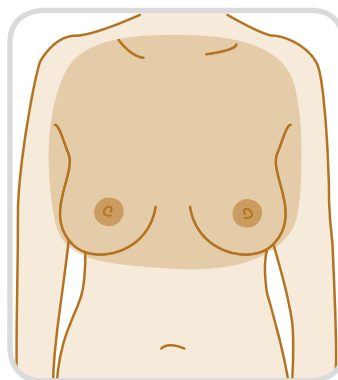
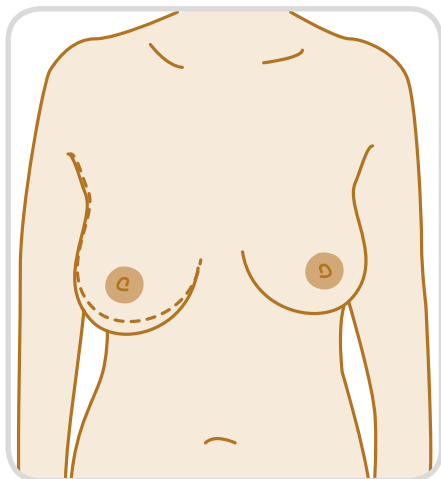


# How do I check my breasts

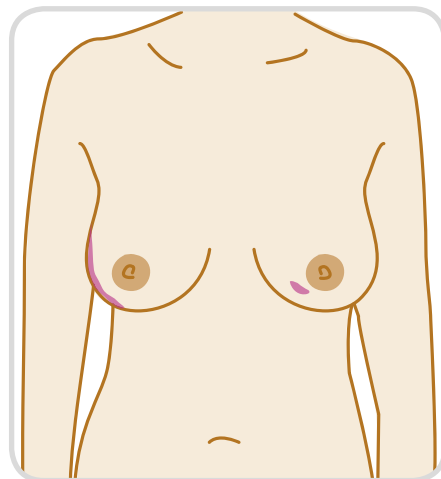


Check all parts of your breasts, your armpits and up to your collarbone for **changes**.

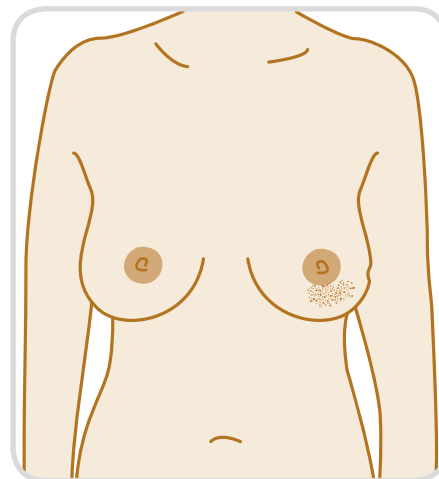
breast  
cancer  
care



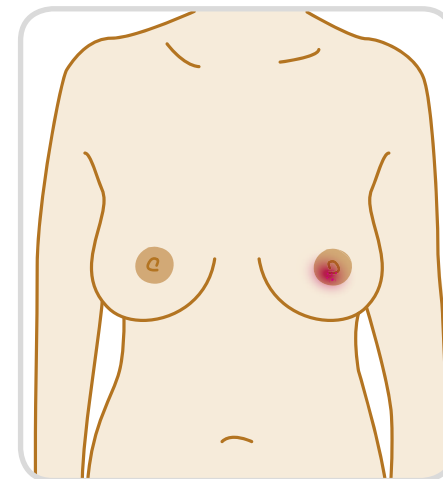
A change in **size** or **shape**



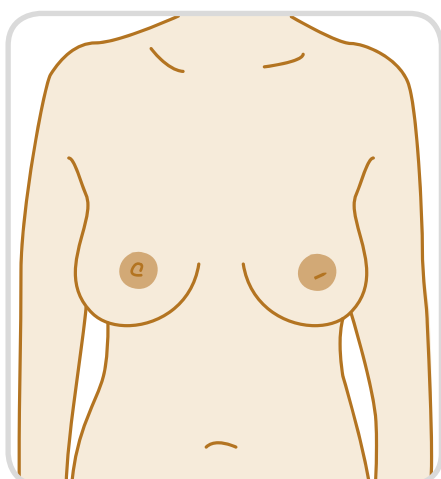
A **lump** or **area** that feels thicker than the rest of the breast



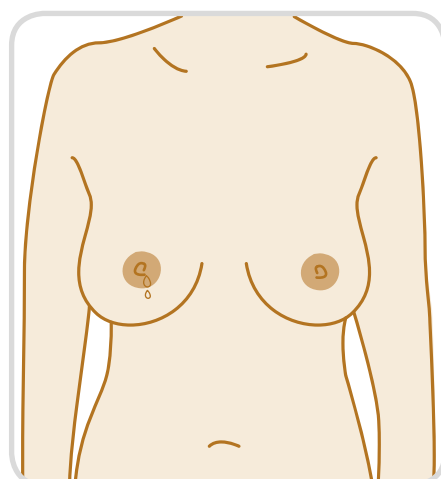
A change in **skin texture** such as puckering or dimpling (like the skin of an orange)



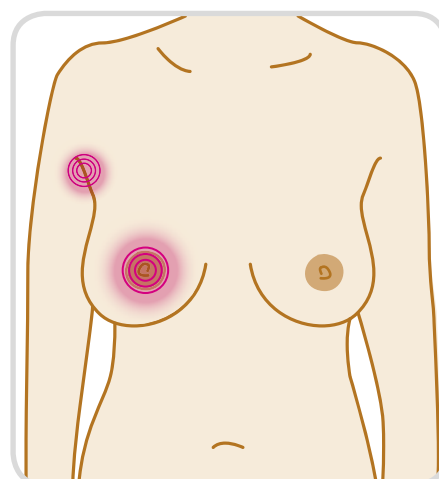
**Redness** or a **rash** on the skin and/or around the nipple



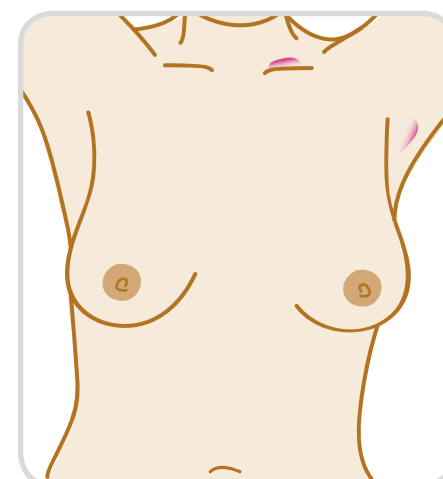
Your **nipple** has become pulled in or looks different, for example a change in its position or shape



**Liquid** that comes from the nipple without squeezing



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



A **swelling** in your armpit or around your collarbone