Love your breasts
Be breast aware

TLC
TOUCH
LOOK
CHECK

breast cancer
now
breastcancernow.org/tlc

Find out about the signs and symptoms of breast cancer
It’s as simple as TLC

**TOUCH**

Lump – may not be seen, but might be felt

**LOOK**

Skin texture e.g. dimpling/puckering

**CHECK**

Appearance or direction of nipple

Nipple discharge

Rash or crusting
TOUCH
• Can you feel a lump? Either in the breast, upper chest or armpits.
• Is there a lumpy area? Or unusual thickening of the breast tissue that doesn’t go away?
• Is there any unusual pain? Either in part of the breast or the armpit.

LOOK
• Any change in size or shape? e.g. one breast might become larger or lower than the other.
• Any change in skin texture? Such as puckering or dimpling of the skin of the breast.
• Any change in colour? e.g. the breast may look red or inflamed.
• What about the appearance or direction of the nipple? e.g. one might become inverted (turned in) when it normally points out.
• Any unusual discharge? One or both nipples might have a discharge.
• Any rash or crusting? Of the nipple or surrounding area.

CHECK
• Is anything unusual? If so, get it checked out by your doctor as soon as possible.