

**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**

T **L** **C**



Lump – may not be seen, but might be felt



Skin texture
e.g. dimpling/
puckering



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.

**For more information, visit
breastcancernow.org/tlc**

**Please email feedback or
queries to
info@breastcancernow.org**

**or call
08080 100 200**

breastcancernow.org



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