

SIGNS TO BE AWARE OF

TELL YOUR BREAST CARE NURSE OR GP IF YOU HAVE ANY SYMPTOMS THAT ARE NEW OR UNUSUAL FOR YOU, DON'T HAVE ANY OBVIOUS CAUSE AND DON'T GO AWAY.

Changes to the breast or chest area

Whether you've had breast-conserving surgery or a mastectomy, with or without reconstruction, it's important to be aware of any changes to either side, such as:

Swelling on your chest, in your armpit or around your collarbone

Liquid (discharge) that comes from the nipple without squeezing it

A change in **shape or size**

Swelling in the arm or hand

A **change in skin texture**, such as puckering or dimpling

Redness or a rash on the skin, in or around the nipple or in the area of the scar line of your treated breast

The **nipple has become inverted (pulled in)** or looks different, for example changed its position or shape

A lump or thickening that feels different (with your treated breast this could be on or away from the scar line)

Possible signs of secondary breast cancer



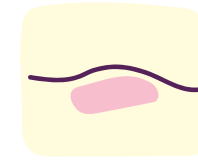
Feeling sick most of the time



Severe or ongoing headaches



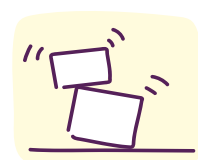
A dry cough or feeling of breathlessness



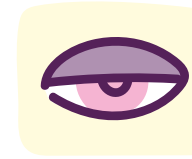
Any lumps or swellings under your arm, breastbone or collarbone



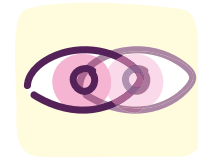
Discomfort or swelling under the ribs or across the upper abdomen



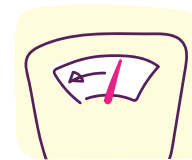
Loss of balance or any weakness or numbness of the limbs



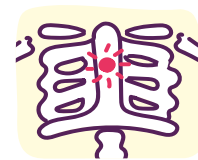
Feeling much more tired than usual



Altered vision or speech



Unexpected weight loss and a loss of appetite



Pain in your bones, for example in the back, hips or ribs, that doesn't get better with pain relief and may be worse at night