

breast  
cancer  
care

# Know your BREASTS

A quick guide  
to being breast aware

# Whatever your age, size or shape, get to know your breasts.



**Breast cancer is the most common cancer in the UK.**

Getting to know how your breasts look and feel will help you know what's normal for you. You'll then be more confident about noticing any unusual changes.

**See your GP if you notice a change.**

Most breast changes are not because of cancer. But the sooner breast cancer is diagnosed, the more effective treatment may be.

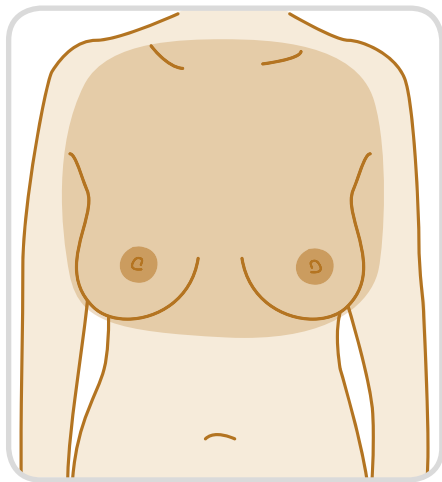
# How do I check my breasts?

**Get used to looking at and feeling your breasts regularly.**

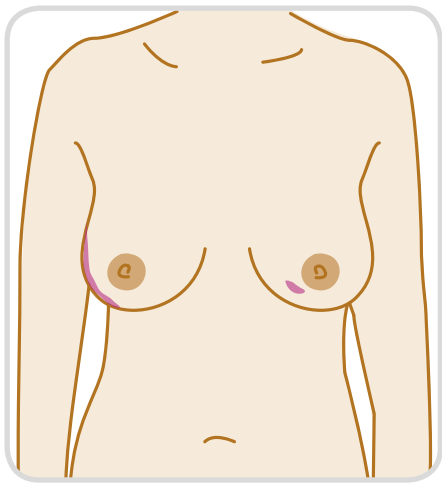
This could be when you're in the bath or shower, using body lotion or getting dressed.

You don't need to feel your breasts in any special way.

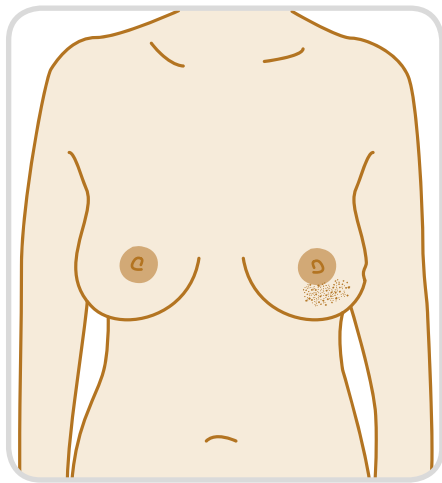
If you check them as part of your usual routine you won't need to worry about whether you're doing it often enough. Decide what you're comfortable with and what suits you best.



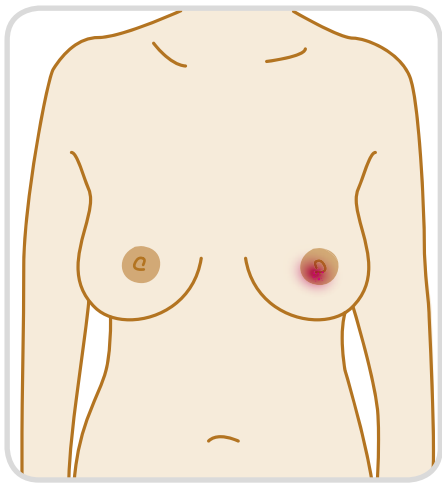
**Check all parts of your breasts, your armpits and up to your collarbone for changes.**



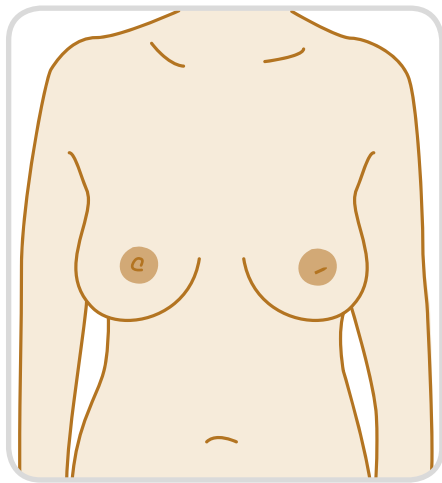
A **lump** or area that feels thicker than the rest of the breast



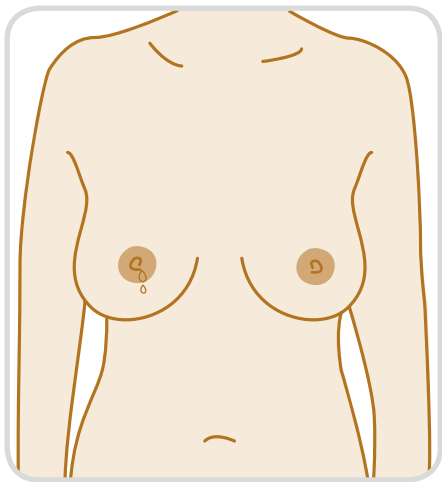
A change to the skin such as **puckering** or **dimpling** (like the skin of an orange)



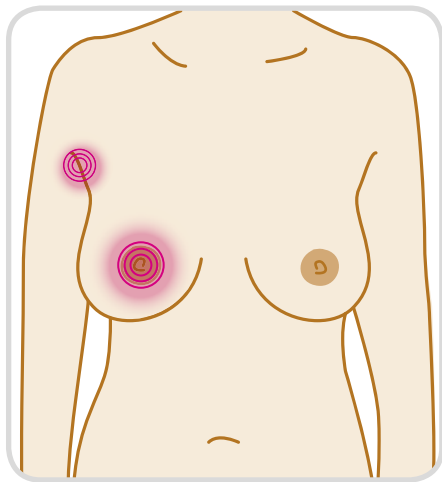
**Redness** or a **rash** on the skin or around the nipple



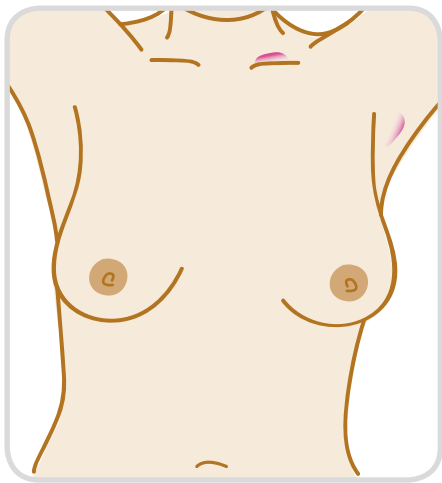
A change to the **nipple**, for example it has become pulled in or changed its position or shape



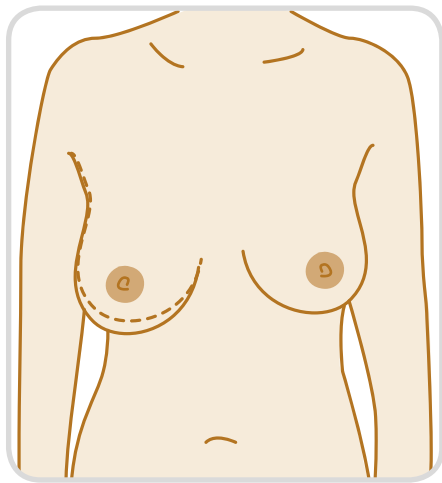
**Liquid** that comes from the nipple without squeezing



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



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



A change in **size** or **shape** of the breast

# Know your BREASTS

- **Look at and feel your breasts** so you know what's normal for you.
- **Do this regularly** to check for changes.
- **Tell your doctor** as soon as possible if you notice a change.

Breast Cancer Care can answer your questions about breast health.

You can call us free on  
**0808 800 6000**.

There is expert information on breast conditions and looking after your breasts on our website  
**[breastcancercare.org.uk](https://www.breastcancercare.org.uk)**





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