

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.

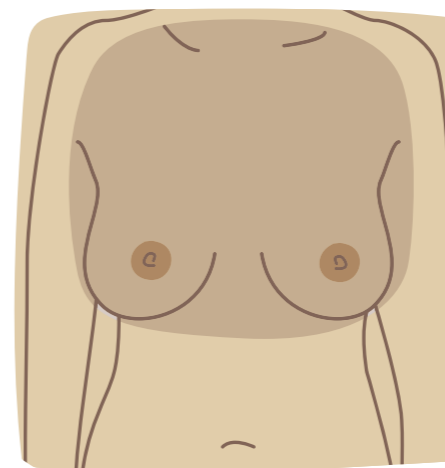
HOW DO I CHECK MY BREASTS ?

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**

Breast Cancer Now 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 breastcancernow.org.

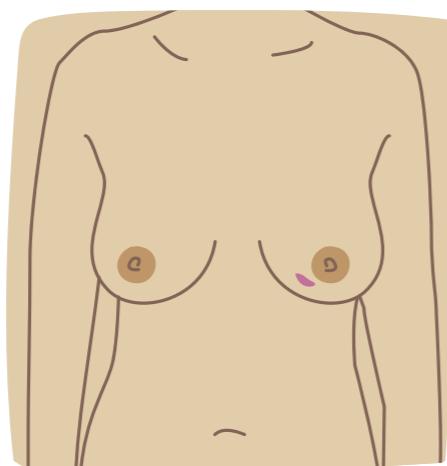


IT'S AS SIMPLE AS TLC: TOUCH LOOK CHECK

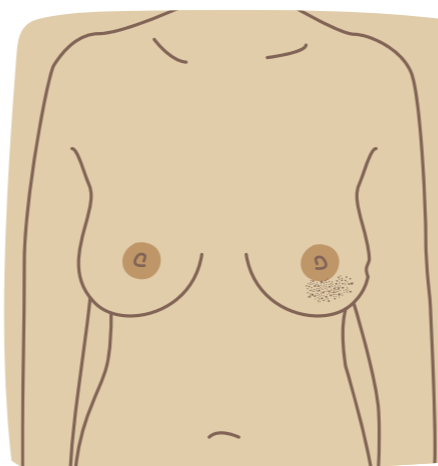
TOUCH your breasts: can you feel anything unusual?

LOOK for changes: does anything look different?

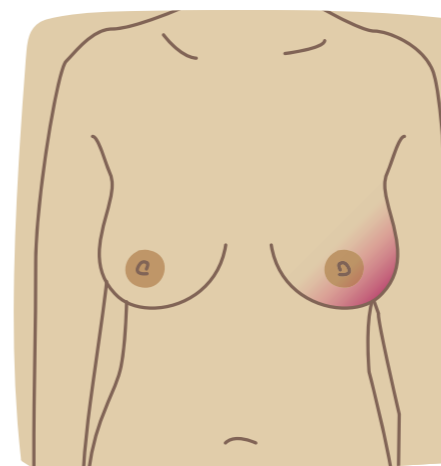
CHECK any changes with your GP



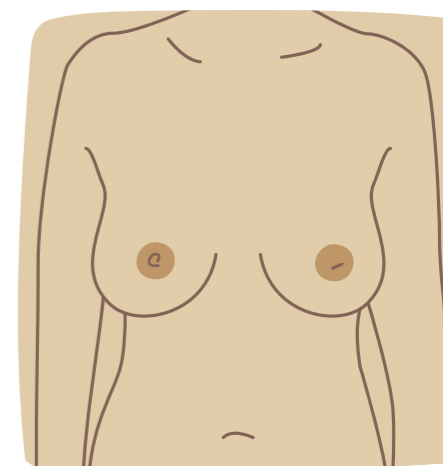
A **lump** or **swelling** in the breast, upper chest or armpit



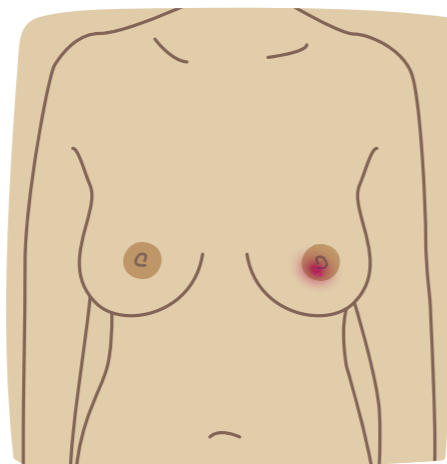
A change to the skin such as **puckering** or **dimpling** (like the skin of an orange)



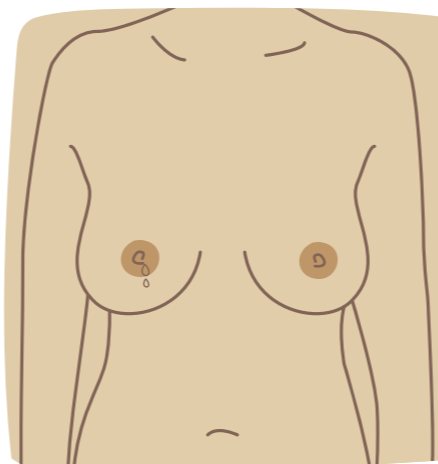
A change in the **colour** of the breast – the breast may look red or inflamed



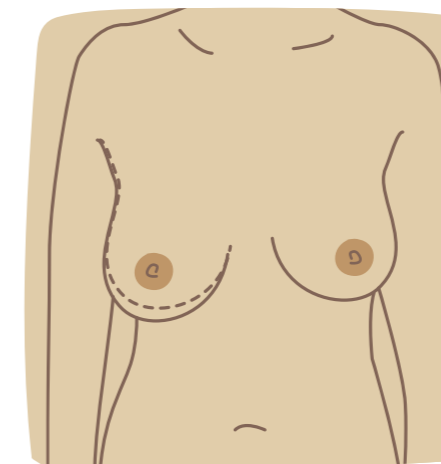
A change to the **nipple**, for example it has become pulled in or changed its position or shape



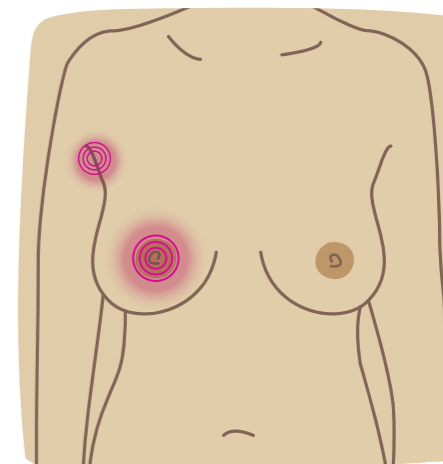
Rash or **crusting** around the nipple



Unusual liquid that comes from the nipple without squeezing



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



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

BREAST CANCER NOW The research & care charity

If you have a question about breast health or breast cancer you can call us free on **0808 800 6000** or visit breastcancernow.org.



瞭解 你的乳房 KNOW YOUR BREASTS

A quick guide to being breast aware

Cantonese

無論你的年齡、體重或 體型如何，都要瞭解你 自己的乳房。

乳癌在英國是最常見的疾病。

瞭解你自己的乳房外形同感覺將令你知道自己的乳房是否健康。從而使你從容面對任何不尋常的變化。

如果你留意到乳房變化，請知會你的家庭醫生。

好多變化未必因癌症引起。但是越早診斷出乳癌，治療效果就可能越佳。

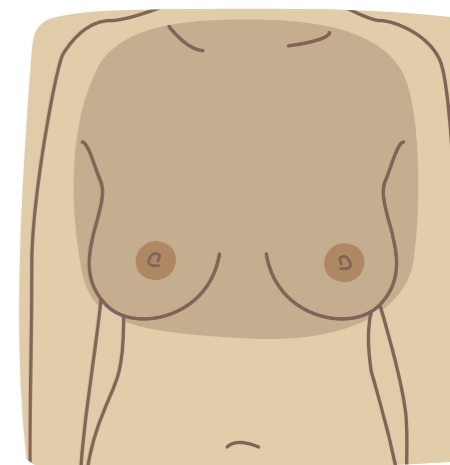
如何 檢查自己 的乳房？

要習慣經常觀察同觸摸你的乳房。

你可在洗澡或淋浴、使用潤膚露或穿衣服時做。

你不必用任何特定方式去觸摸你的乳房。

如果你把檢查乳房作為日常生活的一部分，你就不必擔心是否經常做足檢查。由你決定自己喜歡與最適合你的方式。



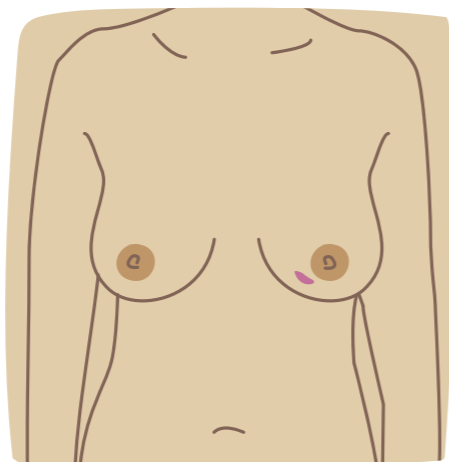
全面檢查你的乳房、腋窩和鎖骨**是否有變化**

很簡單：
觸摸、觀察、檢查

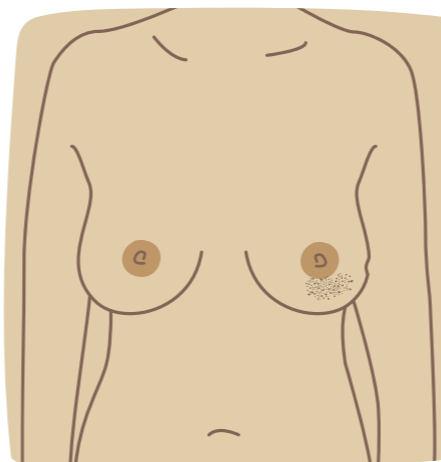
觸摸你的乳房：你能否感覺到任何異常？

觀察變化：與平時有什麼不同？

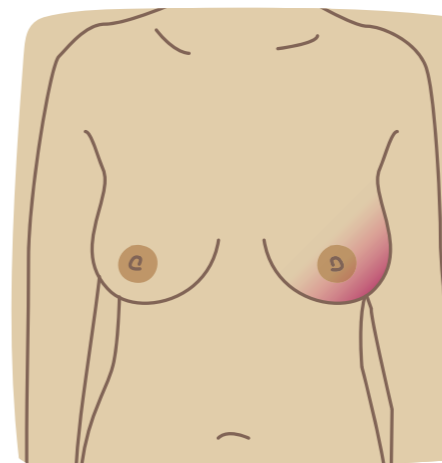
與你的家庭醫生一起檢查任何變化



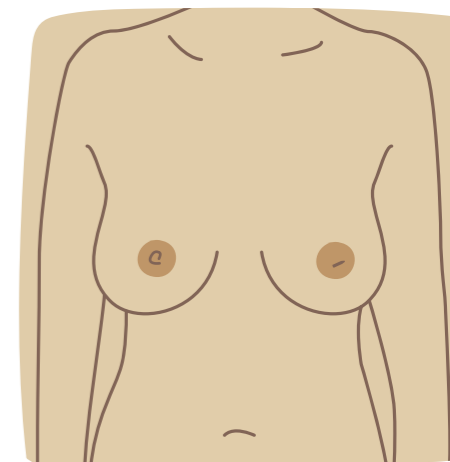
乳房、上胸或腋窩的**腫塊**或**腫脹**



皮膚的變化，如**皺褶**或**凹陷**（如橘子皮）



乳房**顏色**的變化——乳房可能看上去發紅或紅腫



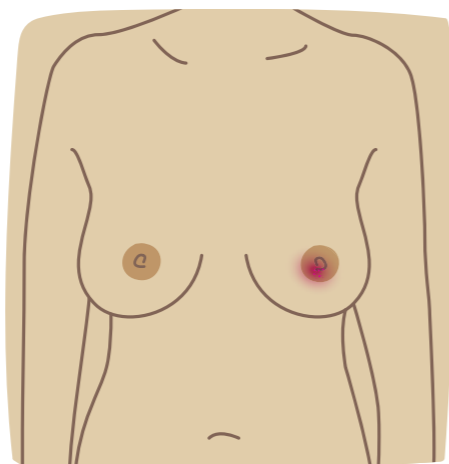
乳頭的變化，比如乳頭內陷或位置或形狀的變化

Breast Cancer Now (乳癌現狀) 可以回答你有關乳房健康的問題。

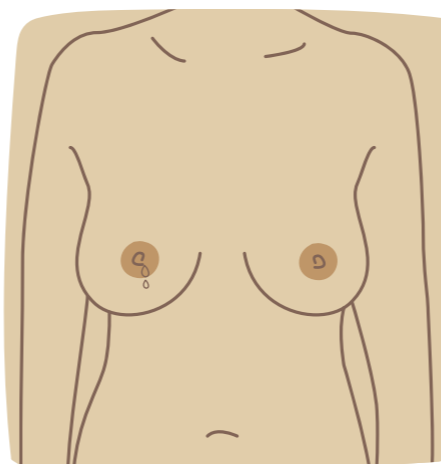
你可以打免費電話 **0808 800 6000** 尋求諮詢。

我們以下的網站可為你提供乳房狀況及乳房護理的專家資訊：

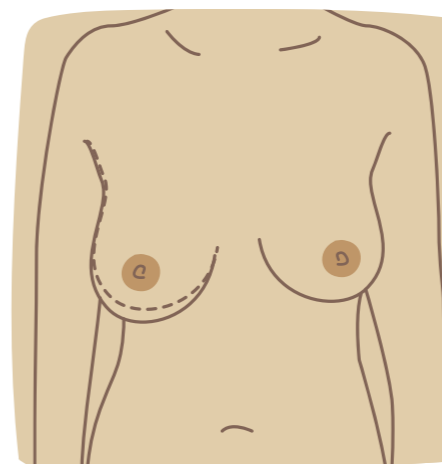
breastcancernow.org



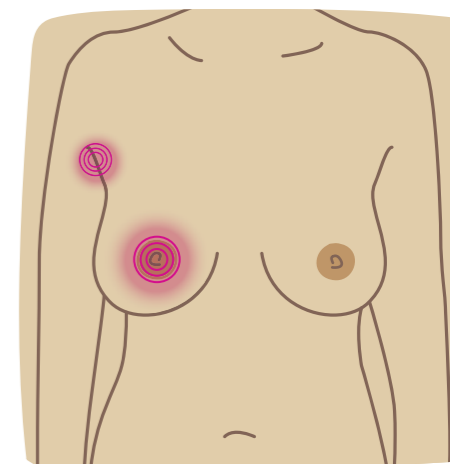
乳頭周圍有**皮疹**或**結痂**



在無擠壓的情況下，有**不尋常液體**流出乳頭



乳房的**大小**或**形狀**變化



你的乳房或腋窩無時無刻或幾乎成日感覺**痛楚**

