

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.

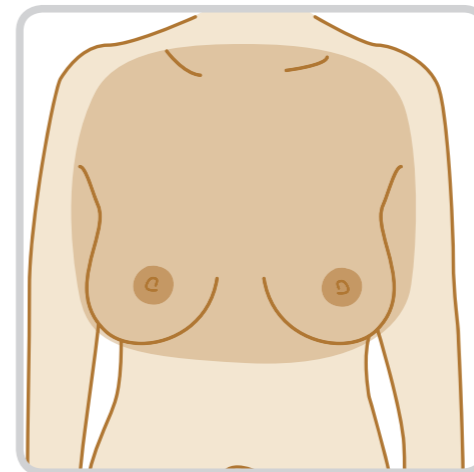
How do I check my breasts?

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 Care can answer your questions about breast health.

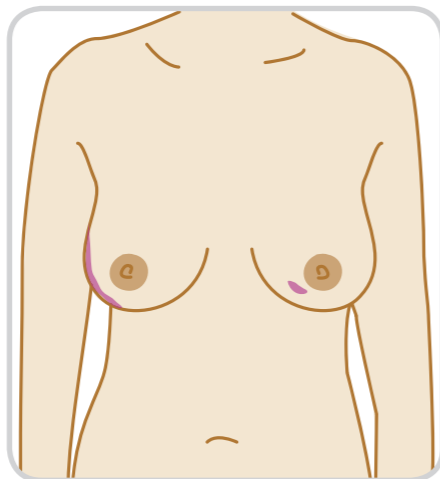
You can call us free on **0808 800 6000**.

There is expert information on breast conditions and looking after your breasts on our website breastcancercare.org.uk

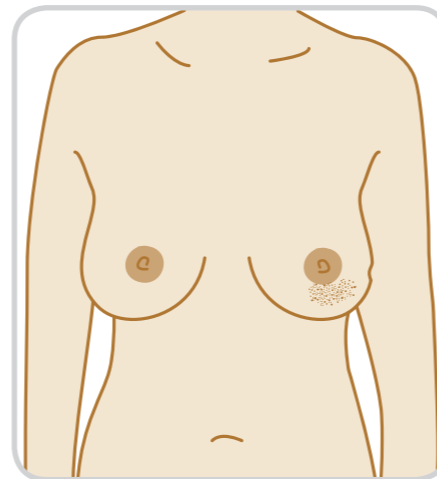


Know your BREASTS

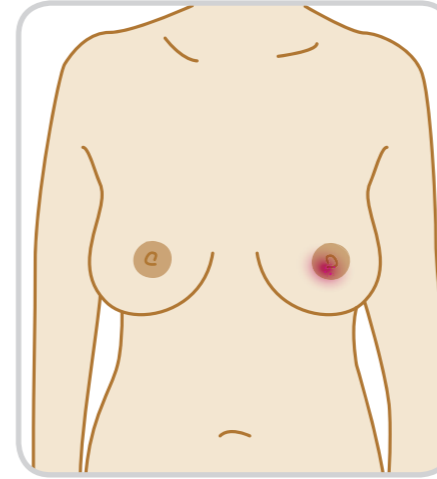
- **Look at and feel your breasts** so you know what's normal for you.
- **Do this regularly** to check for changes.
- **Tell your doctor** as soon as possible if you notice a change.



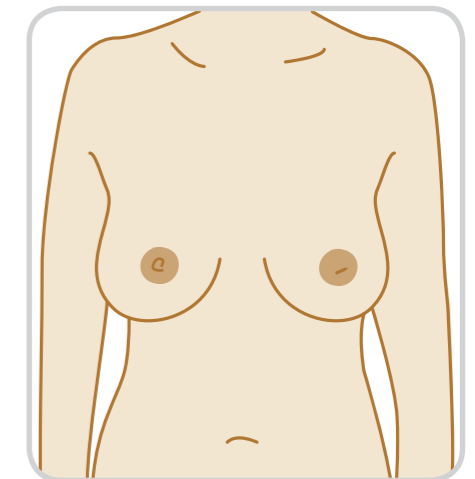
A **lump** or area that feels thicker than the rest of the breast



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



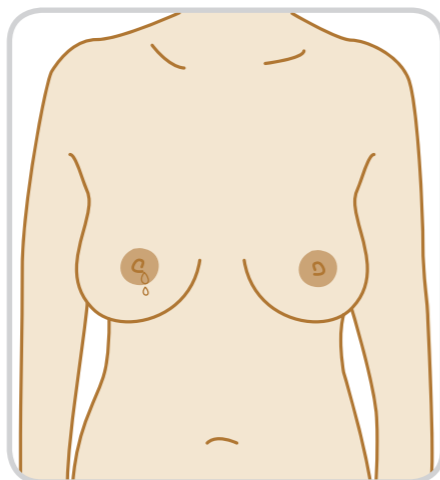
Redness or a **rash** on the skin or around the nipple



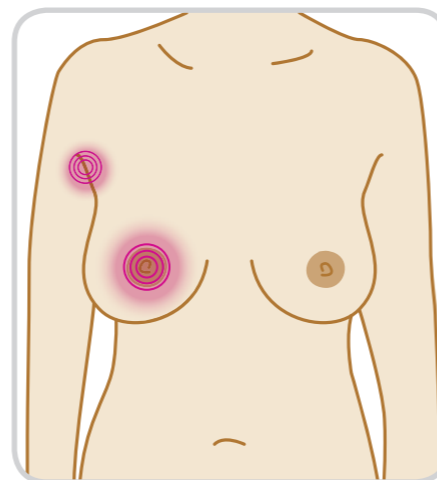
A change to the **nipple**, for example it has become pulled in or changed its position or shape



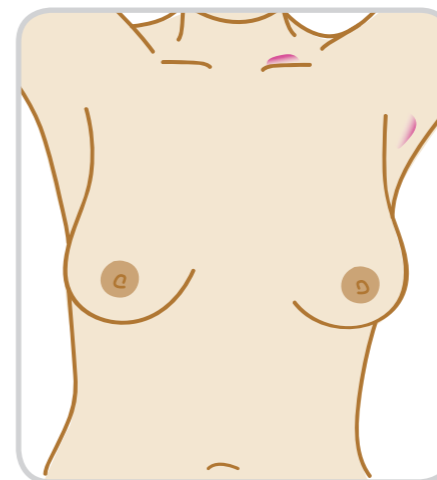
If you have a question about breast health or breast cancer you can call us free on **0808 800 6000** or visit breastcancercare.org.uk



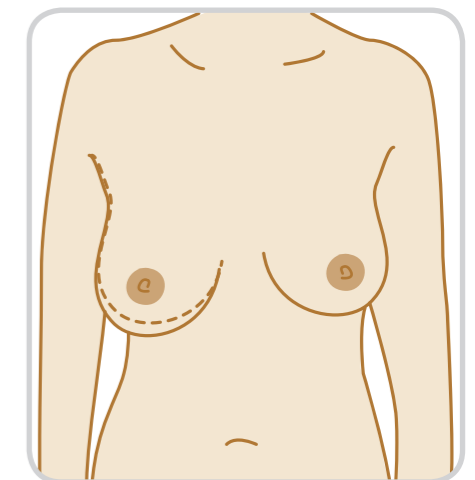
Liquid that comes from the nipple without squeezing



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

Adnabod eich BRONNAU

Know your BREASTS

A quick guide to being breast aware

Welsh

Beth bynnag yw eich oed, maint neu siâp, rhaid adnabod eich bronau.

Canser y fron yw'r canser mwyaf cyffredin yn y Deyrnas Unedig.

Felly bydd gwybod sut mae'ch bronau'n edrych ac yn teimlo yn eich helpu i wybod beth sy'n normal i chi.

Byddwch wedyn yn teimlo'n fwy hyderus wrth sylwi ar newidiadau anghyffredin.

Ewch i weld eich meddyg os sylwch ar newid.

Nid canser sy'n gyfrifol am y rhan fwyaf o newidiadau yn y fron. Ond cyntaf yn y byd y ceir diagnosis o ganser y fron, y mwyaf effeithiol gall y driniaeth fo.

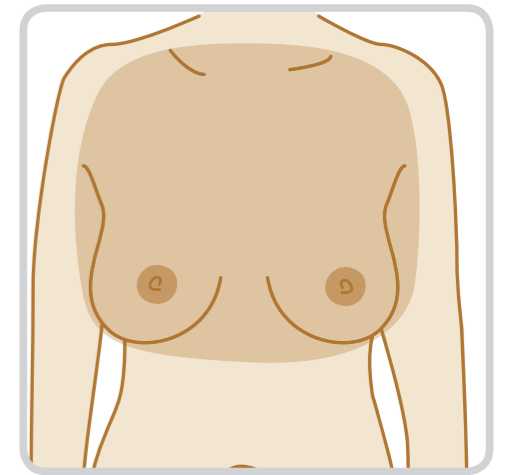
Sut dylwn i wirio fy mronau?

Dewch i arfer â theimlo'ch bronau'n rheolaidd.

Gall hyn fod pan fyddwch yn y bath neu'r gawod, pan fyddwch yn rhoi hufen ar y corff, neu pan fyddwch yn gwisgo.

Does dim rhaid i chi deimlo'ch bronau mewn ffordd arbennig.

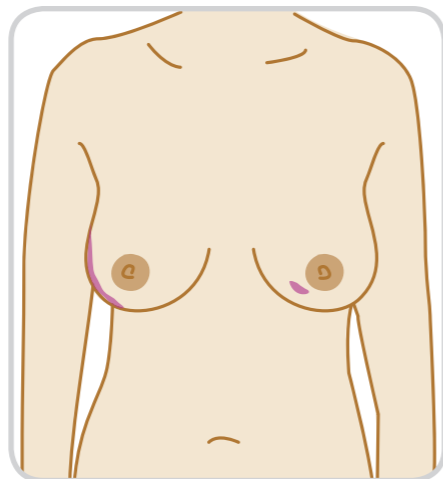
Os ydych yn edrych arnynt fel rhan o'ch trefn ddyddiol, fydd dim rheswm i boeni a ydych yn gwneud hyn yn ddigon aml. Penderfynwch beth sy'n gyfforddus i chi a beth sy'n gweddu orau i chi.



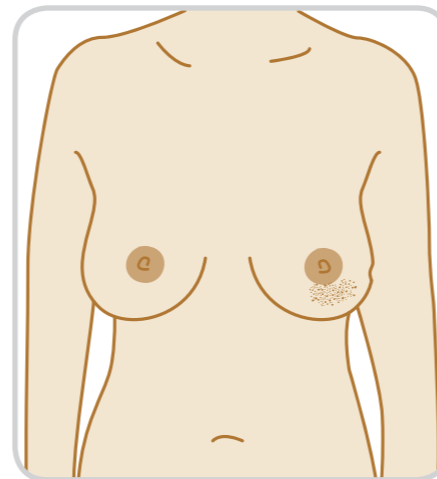
Gwiriwch bob rhan o'ch bron, eich ceseiliau a hyd at bont eich ysgwydd am newidiadau.

Adnabod eich BRONNAU

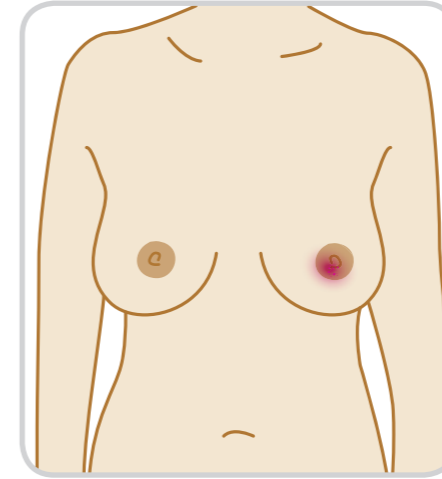
- Edrychwch ar a theimlwch eich bronau er mwyn i chi wybod beth sy'n arferol i chi.
- Gwnewch hyn yn rheolaidd i wirio am newidiadau.
- Dywedwch wrth eich meddyg cyn gynted ag y bo modd os byddwch yn sylwi ar newid.



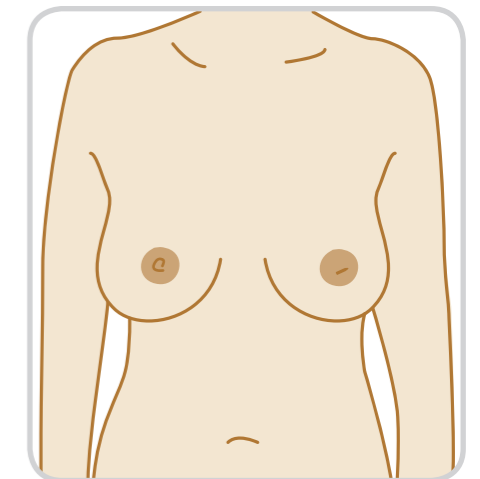
Lwmp neu ran sy'n teimlo'n dewach na gweddill y fron



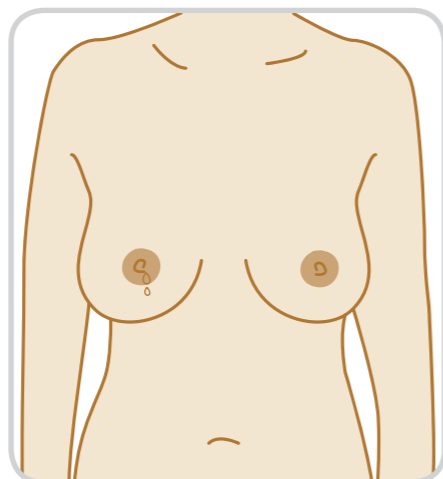
Newid yn y croen fel crychu neu banylu (fel croen oren)



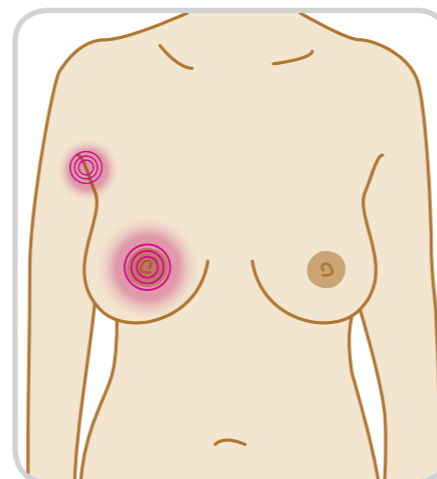
Cochni neu frech ar y croen a/neu o gwmpas y deth



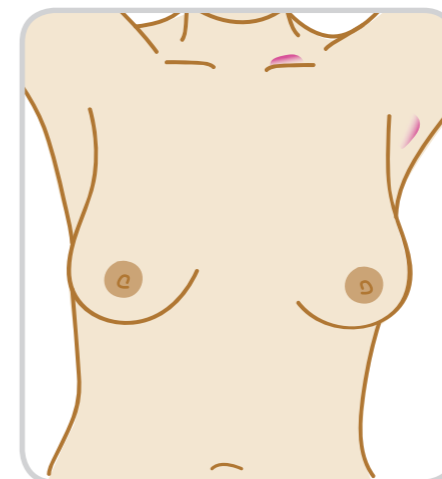
Newid i'r deth, er enghraifft, mae wedi tynnu i mewn neu'n newid ei le neu ei siâp



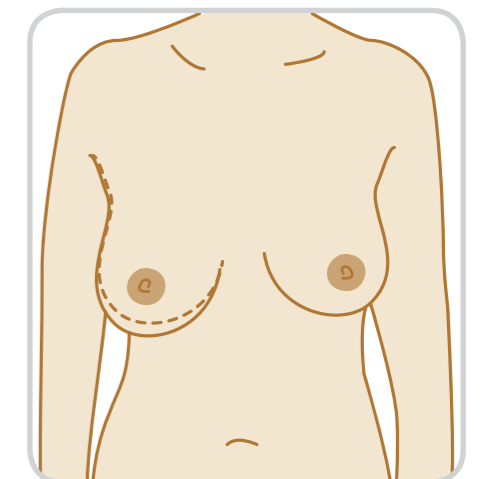
Hylif yn dod o'r deth heb wasgu



Poen cyson yn eich bron neu eich cesail sydd yna bron drwy'r amser



Chwydd yn eich cesail neu o gwmpas pont eich ysgwydd



Newid mewn maint neu siâp y fron

Gall Gofal Canser y Fron ateb eich cwestiynau am iechyd y fron.

Gallwch ein ffonio am ddim ar 0808 800 6000.

Mae gwybodaeth arbenigol ar gyflyrau'r fron a gofalu am eich bronau ar ein gwefan breastcancercare.org.uk