

# YOU KNOW YOUR BODY BETTER THAN ANYONE

Getting to know how your breasts look and feel normally means you'll be able to notice any unusual changes.

A change to the way your breasts feel or look could be a sign of cancer. So get any new or unusual changes checked by a GP.

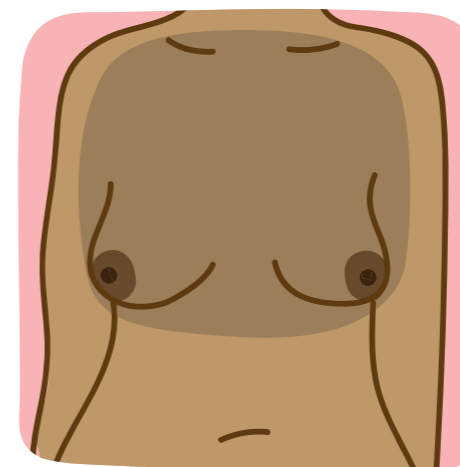
Most breast changes, including lumps, are not cancer. But the sooner breast cancer is found, the more successful treatment is likely to be.

# CHANGES TO LOOK AND FEEL FOR

There's no special way to check your breasts and you do not need any training. Everyone will have their own way of touching and looking for changes.

Get used to checking regularly and be aware of anything that's new or different for you.

These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.



Check your whole breast area, including up to your collarbone (upper chest) and armpits.

# WE'RE HERE FOR YOU

We want everyone to have the confidence to check their breasts and report any new or unusual changes.

If you have any questions or worries about your breasts or breast cancer, call us free and confidentially. We have access to an interpreting service in over 240 languages.

**0808 800 6000**

# CHECKING YOUR BREASTS IS AS EASY AS TLC

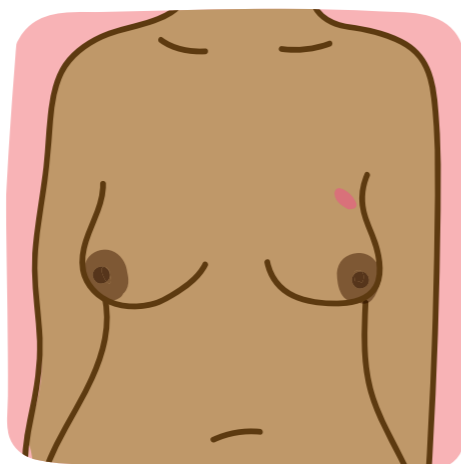
## TOUCH YOUR BREASTS

Can you feel anything new or unusual?

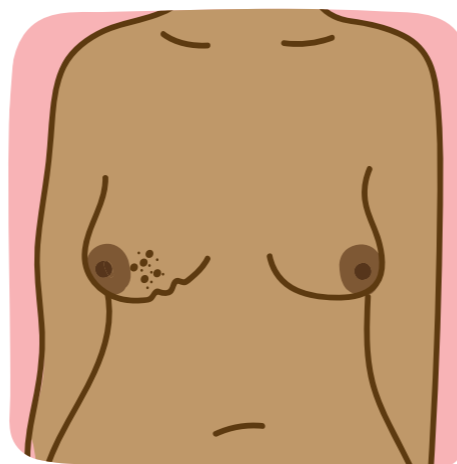
## LOOK FOR CHANGES

Does anything look different to you?

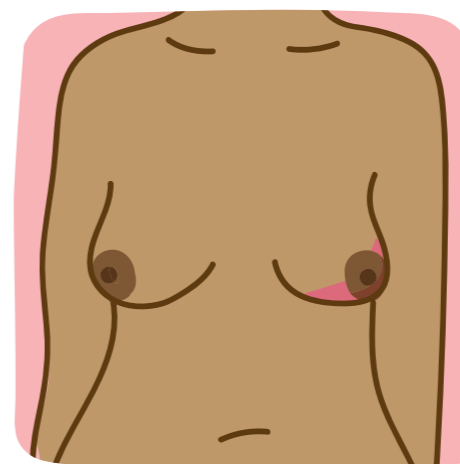
## CHECK ANY NEW OR UNUSUAL CHANGES WITH A GP



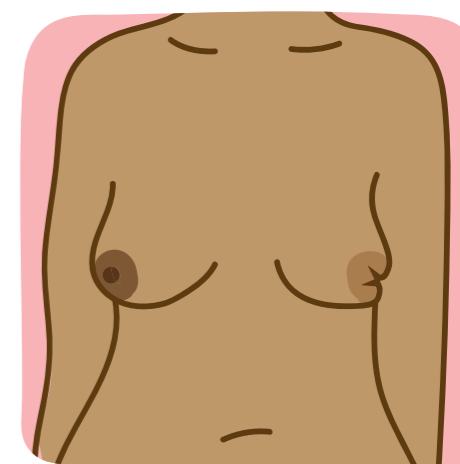
A **lump or swelling** in the breast, upper chest or armpit



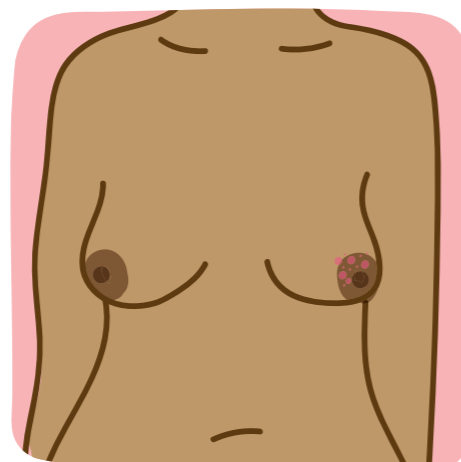
A **change to the skin**, such as puckering or dimpling



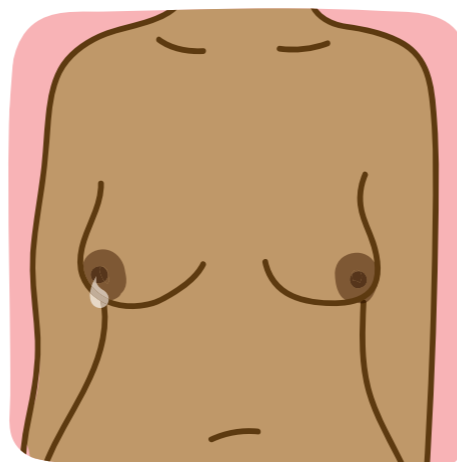
A change in the **colour** of the breast – the breast may look red or inflamed



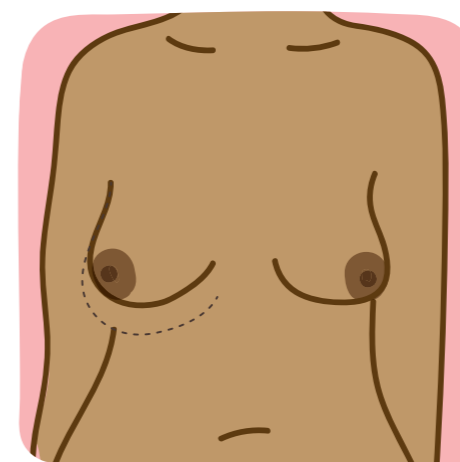
A **nipple change**, for example it has become pulled in (inverted)



**Rash or crusting** around the nipple



**Unusual liquid** (discharge) from either nipple



Changes in **size or shape** of the breast

## BREAST PAIN

On its own, pain in your breasts is not usually a sign of cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

TOUCH  
LOOK  
CHECK™

BREAST  
CANCER  
NOW  
The research & care charity

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Patient Information Forum

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# KNOW YOUR BREASTS APRENDE A CONOCER TUS MAMAS

Spanish

TOUCH  
LOOK  
CHECK™

BREAST  
CANCER  
NOW The research & care charity

## TÚ CONOCES TU CUERPO MEJOR QUE NADIE

Aprender a conocer el aspecto y el estado normal de tus mamas te ayudará a detectar posibles cambios.

Un cambio en el aspecto o la sensación de tus mamas podría ser un indicio de cáncer. Si observas o notas algo fuera de lo corriente, consulta a tu médico.

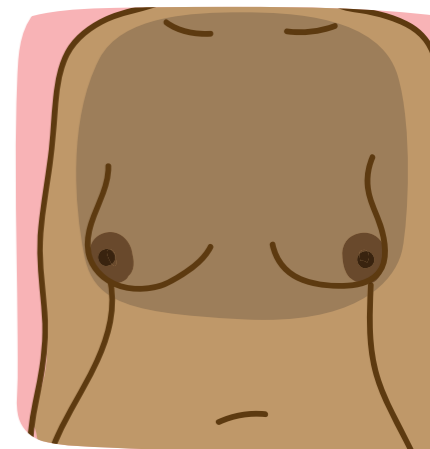
La mayoría de los cambios en las mamas, incluidos los bultos, no se deben al cáncer, pero cuanto antes se diagnostique la enfermedad, más eficaz será su tratamiento.

## CAMBIOS QUE BUSCAR A LA VISTA Y AL TACTO

No existe una manera particular de realizar el autoexamen de las mamas y no necesitas una formación especial. Cada persona tiene su modo de explorarse y de notar cambios.

Toma la costumbre de realizar el autoexamen y fijarte en cualquier cosa fuera de lo corriente.

Estas ilustraciones pueden servirte de guía. Consulta a tu médico si observas o notas algo fuera de lo corriente.



Examínate todo el pecho, incluidas las clavículas y las axilas.

## EXAMINARSE LAS MAMAS ES TAN FÁCIL COMO TLC

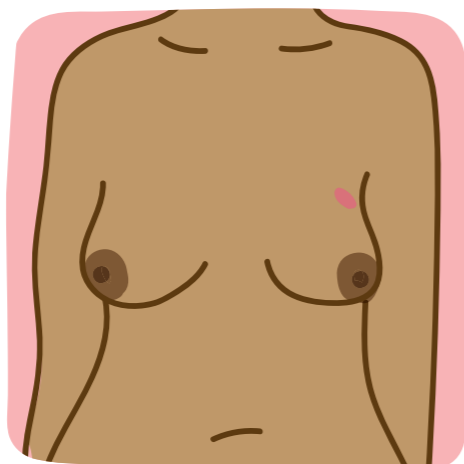
### TOUCH - TOCA TUS MAMAS

¿Notas algo nuevo o anormal?

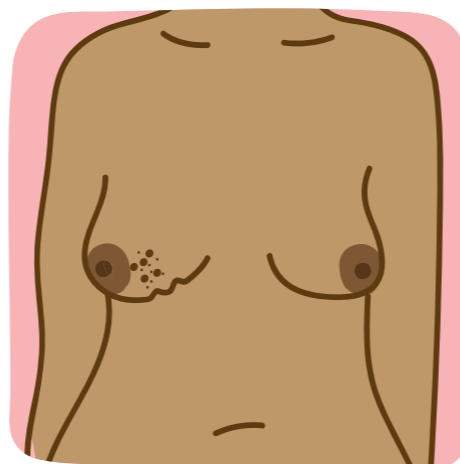
### LOOK - MIRA SI HAY CAMBIOS

¿Notas algo distinto?

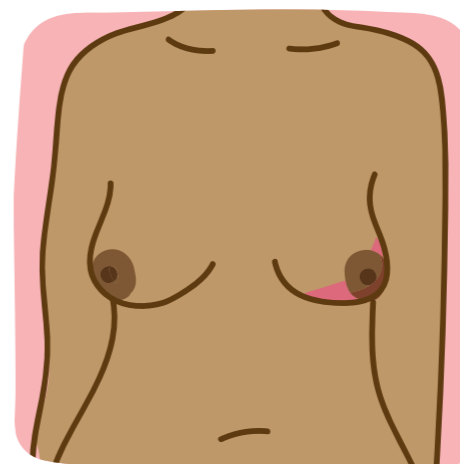
### CHECK - COMUNICA CUALQUIER CAMBIO A TU MÉDICO



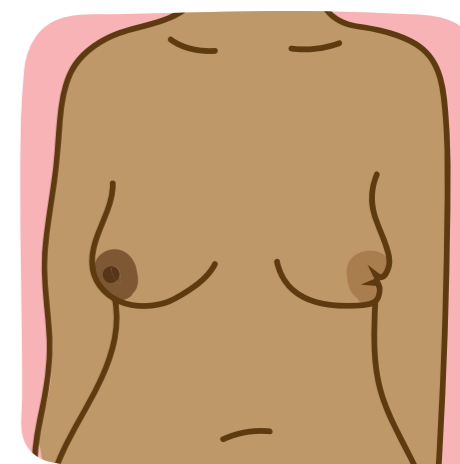
Un **bulto o hinchazón** en la mama, en la parte superior del tórax o en la axila



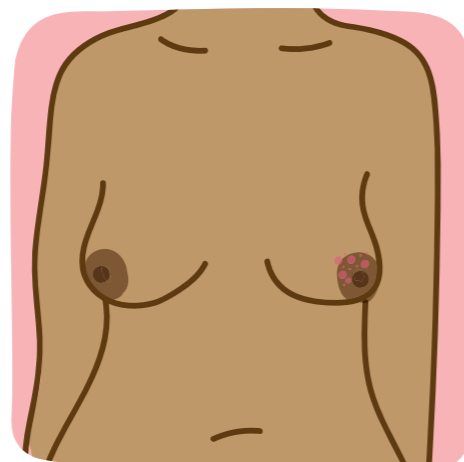
Un **cambio en la piel**, como aparición de arrugas u hoyuelos



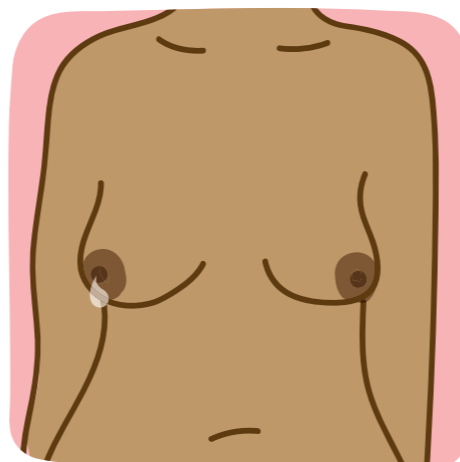
Cambios de **color** en la mama (aspecto enrojecido o inflamado)



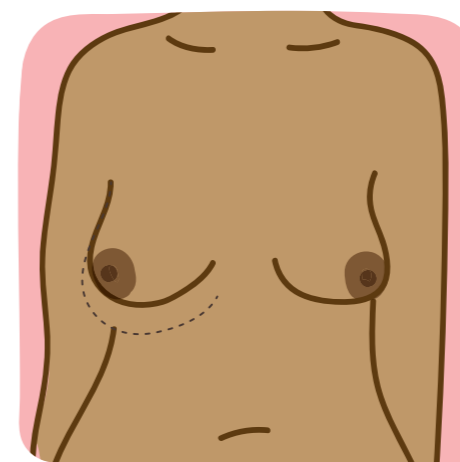
**Cambios en el pezón**, por ejemplo, se vuelve retraído o hundido



**Enrojecimiento o descamación** alrededor del pezón



**Secreción anormal** del pezón



Cambios de **tamaño o forma** de la mama

## ESTAMOS AQUÍ PARA AYUDARTE

Queremos que todas os sintáis seguras para examinaros las mamas y comunicar cualquier cambio a vuestro médico.

Si tienes preguntas o dudas sobre tus mamas o el cáncer de mama, tenemos a tu disposición un servicio telefónico gratuito y confidencial. Contamos con un servicio de intérpretes con más de 240 idiomas.

0808 800 6000

## DOLOR EN LAS MAMAS

Un dolor en las mamas, por sí solo, no suele ser síntoma de cáncer de mama. Presta atención si sientes dolor en las mamas o las axilas de manera constante o con mucha frecuencia.