**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.

**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**

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

A change in size or shape of the breast

Unusual liquid (discharge) from either nipple

Changes in size or shape of the breast

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

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

A change to the skin, such as puckering or dimpling

A change to the skin

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

**CHECK 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

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

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.

**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.

**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.