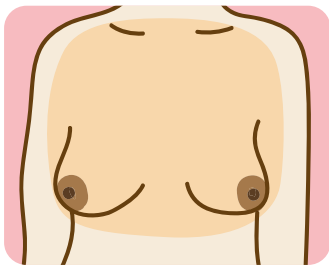


**TOUCH YOUR BREASTS** Can you feel anything new or unusual?

**LOOK FOR CHANGES** Does anything look different?

**CHECK ANY CHANGES WITH YOUR GP**

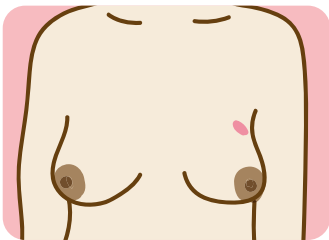


Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for **changes**.

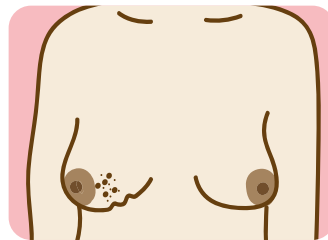
No matter what size or shape your breasts are, **check them regularly**.

Some of these signs and symptoms may appear differently on various skin tones.

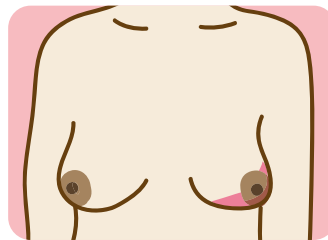
## COMMON SIGNS OF BREAST CANCER INCLUDE...



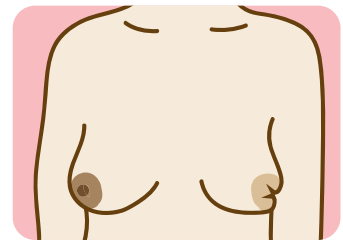
A **lump or swelling** in the breast, upper chest or armpit



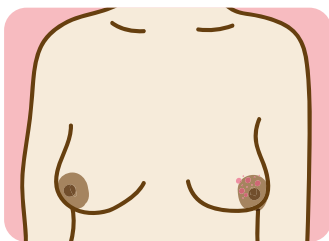
A **change to the skin**, such as puckering or dimpling



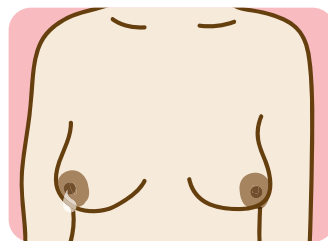
A change in the **colour** of the breast – the breast may look red or inflamed



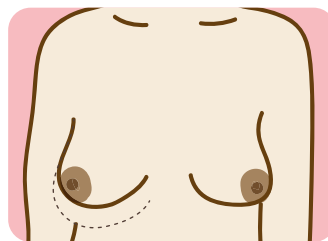
A **nipple change**, for example it has become pulled in (inverted)



**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.

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

**TOUCH  
LOOK  
CHECK™**

**BREAST  
CANCER  
NOW** The research  
& care charity