TOUCH YOUR BREASTS
Can you feel anything new or unusual?

LOOK FOR CHANGES
Does anything look different?

CHECK ANY CHANGES WITH YOUR GP
No matter what size or shape your breasts are, check them regularly.
Check anything that looks or feels different for you with a GP.

Some of these signs and symptoms may appear differently on various skin tones. These illustrations are meant as a guide.

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

Watch our Touch Look Check breast awareness video
breastcancernow.org/check