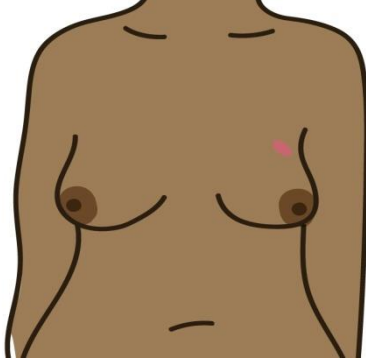


How to check your breasts Factsheet

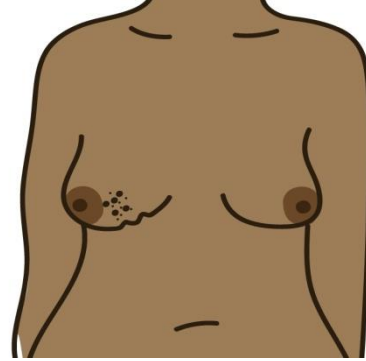
Checking your breasts only takes a few minutes. There's no special technique and you don't need training to check your breasts. Check the whole breast area, including your upper chest and armpits. Do this regularly to check for changes.

Remember - Touch Look Check

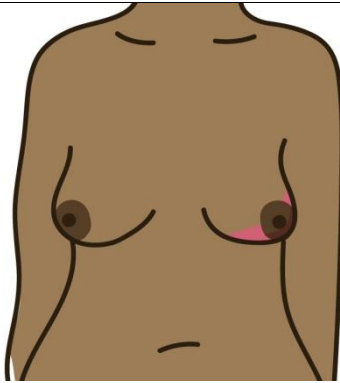
- Touch your breasts: can you feel anything unusual?
- Look for changes: does anything look different?
- Check any changes with your GP



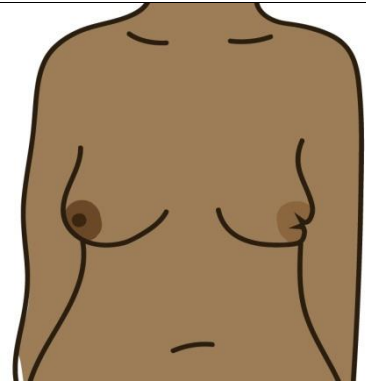
A lump or swelling in the breast, upper chest or armpit



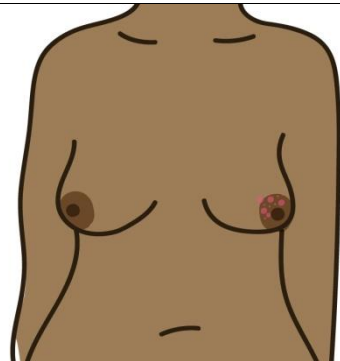
A change to the skin, such as puckering or dimpling



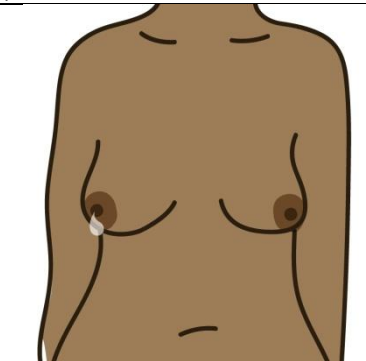
A change in the colour of the breast – the breast may look red or inflamed



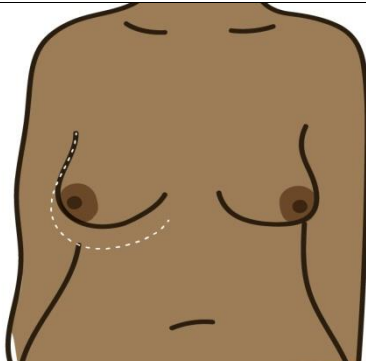
A nipple change, for example it has become pulled in (inverted)



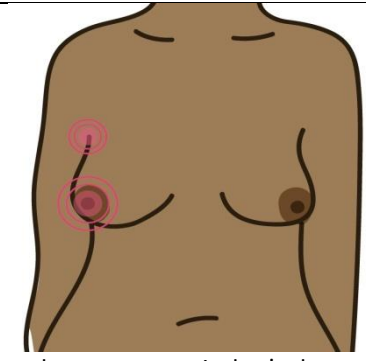
Rash or crusting around the nipple



Unusual liquid (discharge) from either nipple



Changes in size or shape of the breast



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