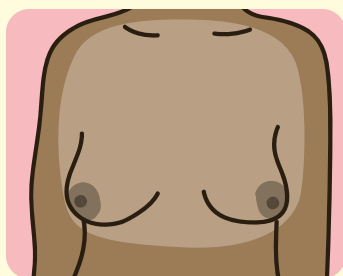


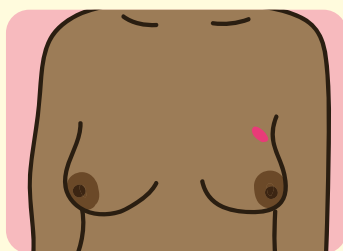
TOUCH YOUR BREASTS LOOK FOR CHANGES CHECK ANY CHANGES WITH YOUR GP

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

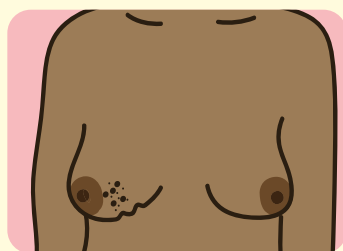


Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for **changes**.

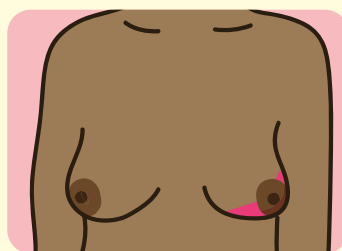
Signs and symptoms may appear differently on various skin tones



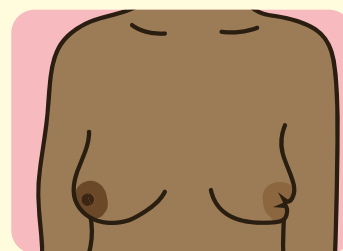
A **lump or swelling** in the breast, upper chest or armpit



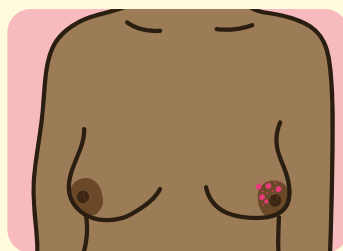
A **change to the skin**, such as puckering or dimpling



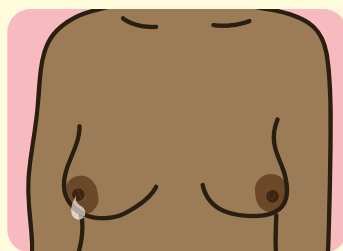
A change in the **colour** of the breast – the breast may look darker, red or inflamed



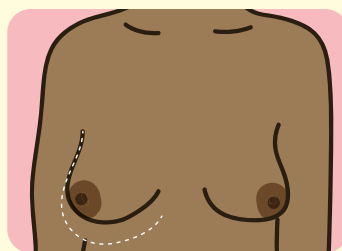
A **nipple change**, for example it has become pulled in (inverted)



Rash or crusting around the nipple



Unusual liquid (discharge) from either nipple



Changes in size or shape of the breast

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.



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

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



Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (SC045584) and the Isle of Man (1200).

**TOUCH
LOOK
CHECK™**

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