



**What makes
me a breast
expert?**

I have them

No one can know your breasts as well as you.

And that's important, because if you know how your breasts normally look and feel, you'll notice any changes.

Although most changes turn out to be harmless, there is a chance they can indicate breast cancer.

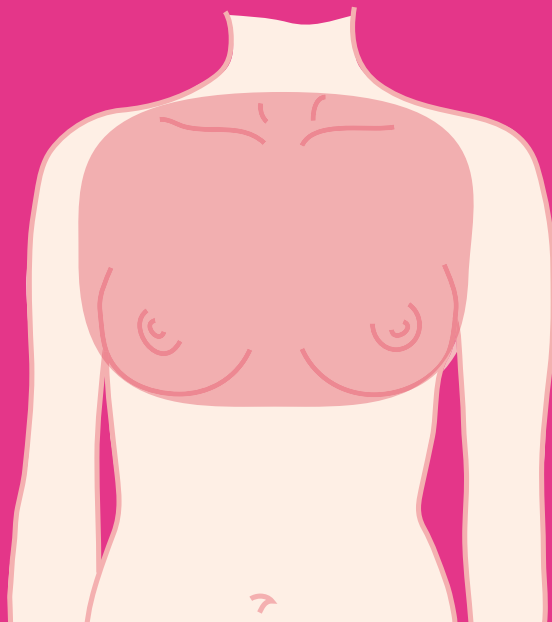
Just checking yourself regularly, and telling your GP or nurse if you notice anything different, means that if anything is wrong the problem can be caught earlier, making treatment easier and more effective.



How do I check my breasts?

It's easy to become your own breast expert. That's because there's no right or wrong way to check them. You simply need to take a few minutes to look at and feel your breasts regularly, so you know what is normal for you.

You can do this whenever and wherever you like. Just remember to do it regularly, about once a month. And always check all parts of your breast, your armpits and up to your collarbone.

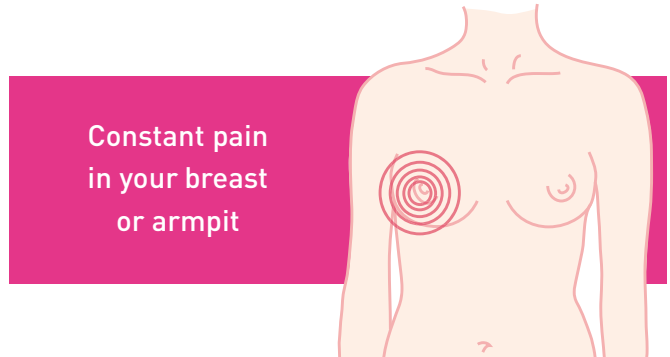
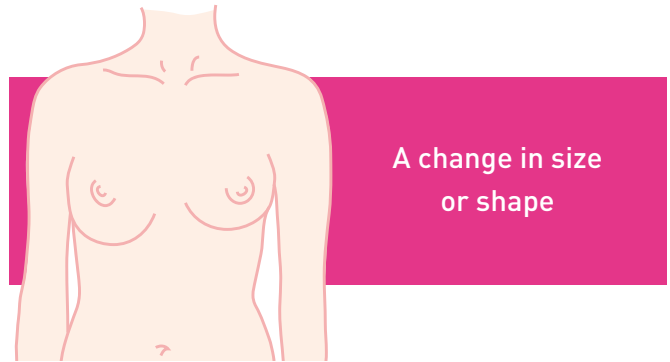


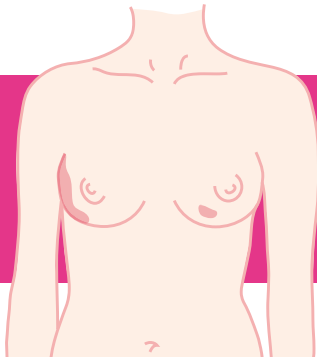
What changes should I check for?

Everyone's breasts look and feel different. For many women it's normal to have lumpy breasts, or for their breasts to feel tender around their period, or to have one breast larger than the other.

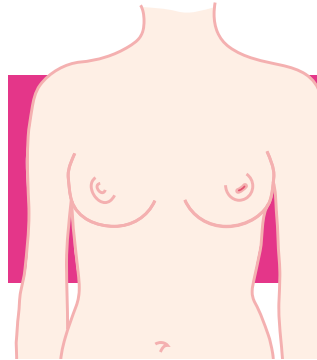
That's why it's important to know what is normal for you, and be aware of any changes that are unusual.

Here are some examples of what those changes could be:





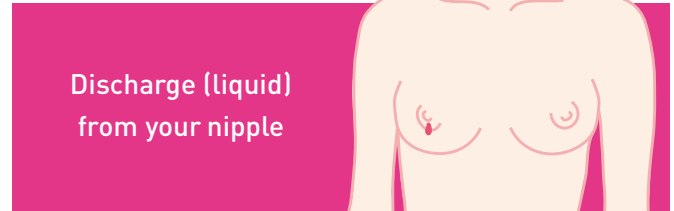
A lump,
or thickening that feels
different from the
rest of your breast



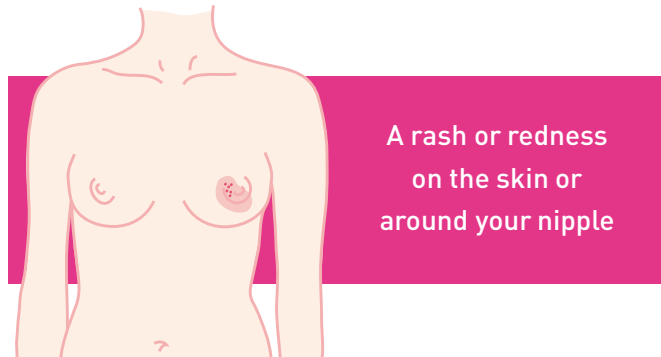
Your nipple becomes
inverted (pulled in)
or changes shape



A change in
skin texture, such
as dimpling



Discharge (liquid)
from your nipple



A rash or redness
on the skin or
around your nipple



Swelling in your
armpit or around
your collarbone

What if I notice a change?

If you notice a change you should see your GP or nurse as soon as you can.

Most breast changes aren't the result of anything serious, but you do need to find out what is causing the change.

You can always ask to see a female doctor and you can take a friend or relative to the appointment too.

Don't forget

Keep this leaflet to remind yourself of the changes to look out for.

And remember to check regularly, about once a month.

You can find out more at breastaware.net

