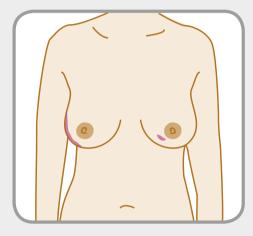
Know your BREASTS

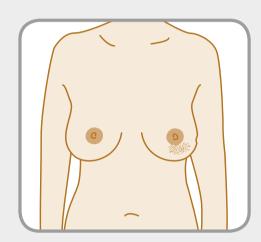


A breast change could be a sign of cancer

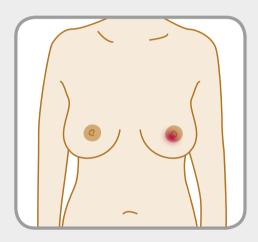
See your doctor if you notice



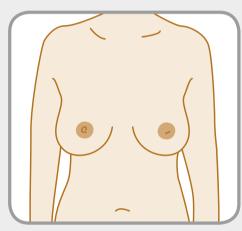
A lump or area that feels thicker than the rest of the breast



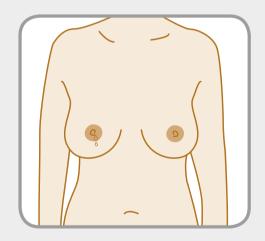
A change to the skin such as **puckering** or dimpling (like the skin of an orange)



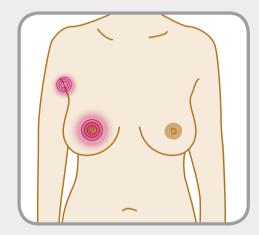
Redness or a rash on the skin or around the nipple



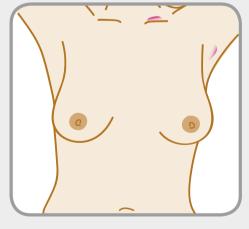
A change to the nipple, for example it has become pulled in or changed its position or shape



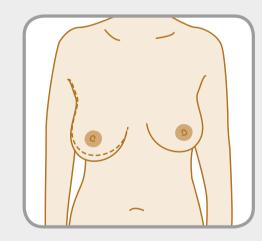
Liquid that comes from the nipple without squeezing



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



A swelling in your armpit or around



A change in size or shape of the breast

Most breast changes are not cancer

But get any new changes checked as soon as you can

If you're worried about your breasts, call 0808 800 6000 or visit breastcancercare.org.uk

