taking care of YOUR breasts
Breast cancer is the most common cancer in the UK, so it’s important to look after your breasts by being breast aware. This means getting to know how your breasts look and feel so you know what is normal for you. You can then feel more confident about noticing any unusual changes.

Most changes won’t turn out to be breast cancer, but if they are, the sooner this is diagnosed the more effective treatment may be.

These are not usually accompanied by any other symptoms alongside breast changes, such as feeling tired or having less energy. So, even if you feel well it’s still important to visit your GP.

Although it’s rare, men can also get breast cancer so they need to be breast aware too.
How do I check my breasts?

There’s no right or wrong way to check your breasts. Try to get used to looking at and feeling your breasts regularly. You can do this in the bath or shower, when you use body lotion, or when you get dressed. You decide what is comfortable and best for you.

Remember to check all parts of your breast, your armpits and up to your collarbone.
A change in size or shape

A lump or thickening that feels different from the rest of the breast tissue
A change in skin texture such as puckering or dimpling (like orange peel)

Redness or a rash on the skin and/or around the nipple (which may look like eczema)
If your nipple becomes inverted (pulled in) or changes its position or shape.

Discharge (liquid) from one or both of your nipples.
A swelling in your armpit or around your collarbone

Constant pain in your breast or your armpit
If you have a breast cancer or breast health query contact the Breast Cancer Care Helpline on 0808 800 6000 (Text Relay 18001) or visit www.breastcancercare.org.uk

Central Office
Breast Cancer Care
5–13 Great Suffolk Street
London SE1 0NS
Telephone 0845 092 0800
Email info@breastcancercare.org.uk

This organisation had been certified as a producer of reliable health and social care information by The Information Standard
www.theinformationstandard.org

Your help is needed
We hope you’ve found our information both informative and helpful. We’re doing a bit of research into our breast awareness information and we’d like to hear your thoughts. We’ve set up a quick online survey for you to complete, which should only take about 5 minutes. With your help, we can make sure that we continue to supply the right sort of breast awareness information for your particular needs.

To take part in the survey please visit www.breastcancercare.org.uk/breastawarenesspublications

Thank you for your time and support.