Know what is normal for your own well-being and feel free to look.

After the menopause:

- Normal breasts feel softer, less firm, and the milk-producing tissue stops.
- Periods would have stopped.
- Differences until the time when your usually show the same monthly breasts usually become more noticeable or pain in one breast. The breast.

After a hysterectomy:

- Breast tenderness and lumps especially near the breasts at this time.
- In the days before a period starts. In the days before a period starts.
- In the breast becomes active.
- Breasts feel different at different times.

Before the menopause:

- Normal breasts feel soft, less firm, and the milk-producing tissue stops.
- Periods would have stopped.
- Differences until the time when your usually show the same monthly breasts usually become more noticeable or pain in one breast. The breast.

Should these happen:

- Be aware of any changes from normal.
- What is normal for you will help you to
- Being breast aware and knowing
- The bath, shower, when dressing.
- In any way that is best for you (e.g.,
- Breast issue by looking and feeling. You can become familiar with your

Know what is normal for your.

General body awareness. It is a part of

Awareness.

OUT FOR

CHANGES TO LOOK

NORMAL

THE NORMAL

WHAT IS BREAST
Breast cancer is very rare in women under the age of 40. The likelihood of developing breast cancer increases with age.

This offers greater prospects of benefit from more simple treatment if you are younger. The sooner it is reported, the sooner treatment can begin. Always have a mammogram if you are not sure.

Remember, you are not wasting time if there is a cancer.

If you are aware of any change in your breasts from what is normal for you, tell your doctor without delay.

Routine X-ray breast screening is not recommended for women under 50 as it has been shown not to be of benefit. If you are aged 50 or over it is strongly recommended that you take advantage of breast screening if aged 50 or over.

Attend  for breast screening if aged 50 or over.
Report any changes without delay.
Know what changes to look for.
Look and feel.
Know what is normal for you.

FIVE-POINT CODE

Cancer Screening Programmes

Cancer Research UK

WHAT TO DO IF YOU FIND A CHANGE

Breast Cancer Awareness

10.03.17 23:52:53
The Ozone Group
Tel: +44 207436 6999

272692 breast cancer and cancer
Of Scotland

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Cancer Research UK

WHAT TO DO IF YOU FIND A CHANGE

If you are aware of any change in your

Cancer Screening Programmes

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WHAT TO DO IF YOU FIND A CHANGE

If you are aware of any change in your