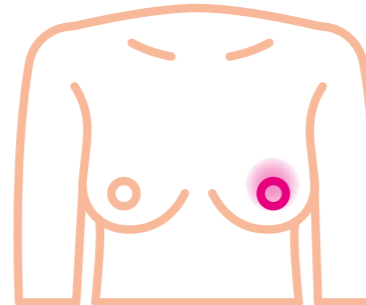


**A CHANGE
IN SKIN
TEXTURE**

such as
puckering or
dimpling that may
look like orange
peel.



LOOK

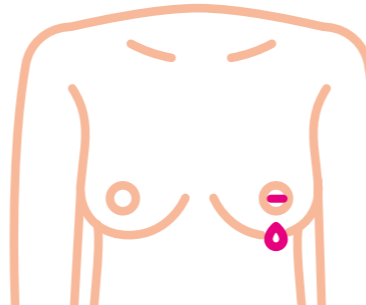


**REDNESS,
RASH OR
CRUSTING**

on the **skin** of
the **breast** and/
or around the
nipple.



LOOK



LOOK

**CHANGES
TO YOUR
NIPPLE**

such as it becoming **inverted** (pulled in),
changing it's position or **discharge** (liquid)
leaking from one or both of your nipples.

Remember..
There's no right or wrong way to check
your breasts and you don't need any
special training. It's all about getting to
know the size, shape and feel of your
breasts and checking yourself regularly
so you can spot any changes quickly.
Don't forget to check your whole breast
area including up to and around your
collarbone and armpits.

**Always attend your breast screening appointment if you are aged
50 or over.** Screening can detect breast cancer before you notice any signs
or symptoms. To make or change an appointment tel: **0191 445 2554** or visit
<https://www.gatesheadhealth.nhs.uk/services/breast-screening/>
for more information.

** If you have any symptoms please do not wait for your screening
appointment, see a GP as soon as you can to get checked out.*

Why not...

- set a monthly reminder on your phone or calendar so you remember to check yourself regularly
- check yourself in front of a mirror so it's easier to notice any changes



Breast Health

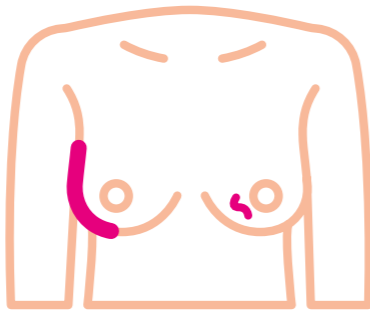
NHS
Gateshead Health
NHS Foundation Trust

**IT'S TIME TO
LOOK AFTER
YOURSELF!**

Tel: 0191 445. 2554

Everyone's breasts are different.

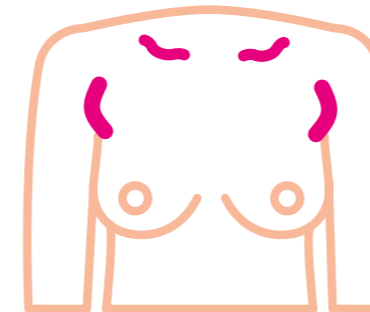
It's important that you get to know what your breasts look and feel like normally, so that you can detect any unusual changes. Most changes in the breast are harmless but they could be a sign of breast cancer, so see a GP without delay if you notice anything new or unusual.



FEEL

**A LUMP
OR
THICKENING**

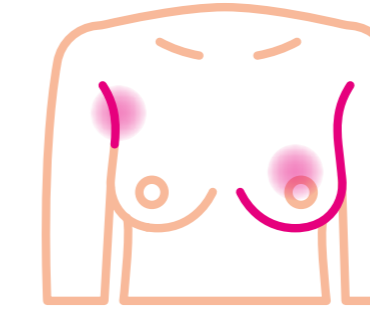
that **feels**
different from
the rest of the
breast tissue.



FEEL

SWELLING

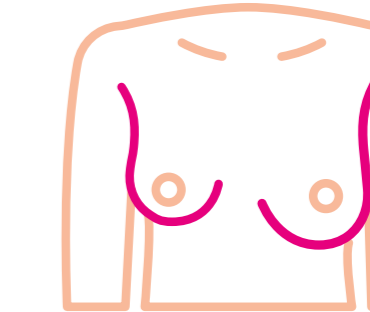
in your
armpit or
around your
collarbone.



FEEL

**PERSISTENT
AND
UNEXPLAINED
PAIN**

in your **breast**
or **armpit**, that is
new or unusual.



LOOK

SHAPE

A **change** in
the **shape** or
size of the
breast.