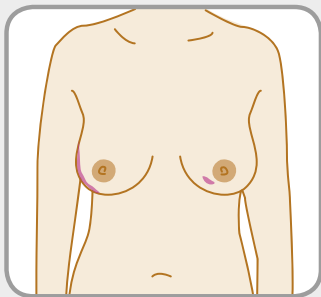


Know your BREASTS

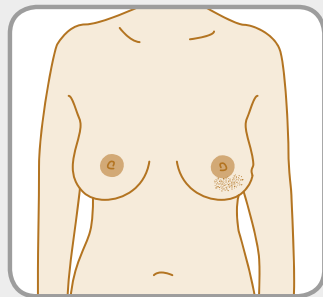
breast
cancer
care

A breast change could be a sign of cancer

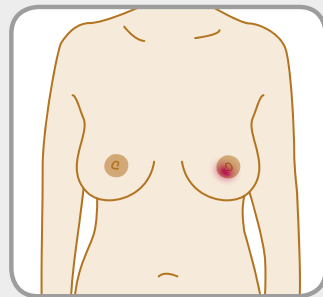
See your doctor if you notice



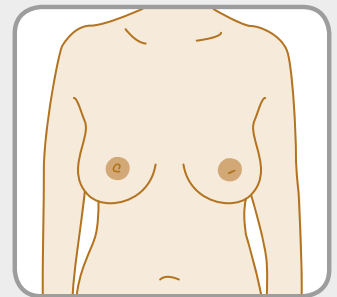
A **lump** or area that feels thicker than the rest of the breast



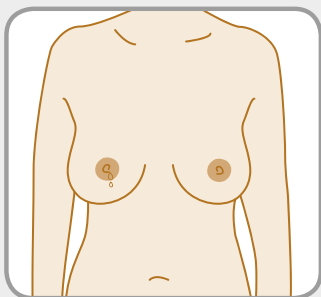
A change to the skin such as **puckering** or **dimpling** (like the skin of an orange)



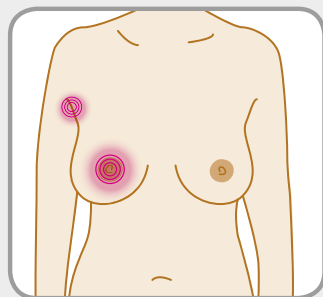
Redness or a **rash** on the skin or around the nipple



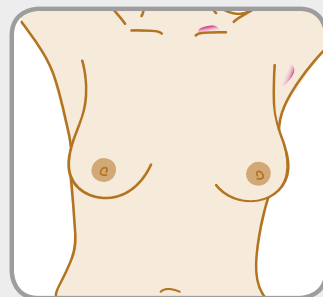
A change to the **nipple**, for example it has become pulled in or changed its position or shape



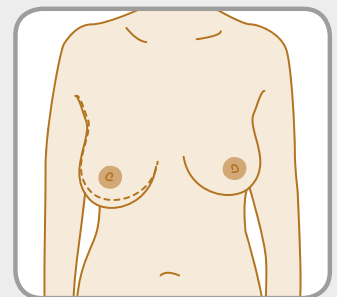
Liquid that comes from the nipple without squeezing



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



A **swelling** in your armpit or around your collarbone



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**

Breast Cancer Care is a working name of Breast Cancer Care and Breast Cancer Now, a company limited by guarantee registered in England (9347608) and a charity registered in England and Wales (1160558), Scotland (SC045584) and a business name of the registered charity in the Isle of Man (1200). Registered Office: Fifth Floor, Ibex House, 42-47 Minories, London EC3N 1DY.

