

Know Your Body: Breast Cancer

What is it?



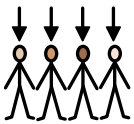
cancer

Breast cancer is a disease that forms in breast tissue.



breast tissue

Breast tissue is the area from the collarbone down to the underarm and across to the middle of the ribcage.



everyone

Everyone has breast tissue – people of all ages, races and genders.

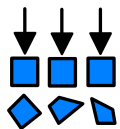


diagnosed

Checking your body means that you are more likely to get diagnosed early.

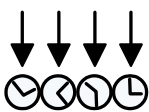
If your breast cancer gets diagnosed early, you are more likely to get cured.

How do I check myself?



normal

There are no rules for checking yourself. You should get to know what is normal for you.



regularly

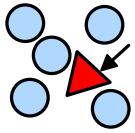
Everyone has breast tissue so we should all check ourselves often, no matter what your gender.

You should try to make this a regular part of your routine.



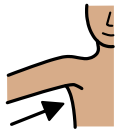
comfortable

You can check anywhere you feel comfortable such as in the shower or when you are getting dressed.



different

You should note anything that changes and feels different.



armpit

Make sure you are checking all of your breast tissue - this means your chest area, right up to your collarbone, and under your armpits.



doctor

If you notice anything that doesn't feel normal, you should book an appointment with your doctor.

What should I be aware of?



unusual

Check there are no unusual changes to how your chest normally looks and feels. Does the skin look and feel the same?



changes

Make a note of any changes to how your chest feels, changes to how your chest looks, and any changes to your nipples.



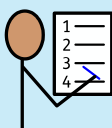
pain

If anything feel different or hurts more often, you should let your doctor know.



reminders

CoppaFeel! offers a reminder service where they will text you once a month to remind you to check yourself.



sign up

To sign up to this service, visit <https://coppafeel.org/remind-me/remind-me-sms/>



text

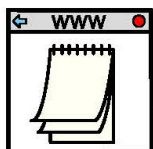
or text BOOBS to 82228



Where can I find out more information about breast cancer?

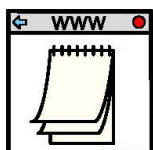
where

You can find out more information at the below websites:



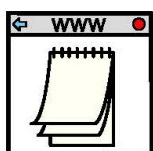
www.nhs.uk/conditions/breast-cancer

website



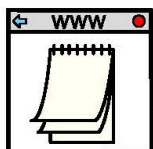
www.coppafeel.org

website



www.cancerresearchuk.org/about-cancer/breast-cancer

website



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