

# KNOWING YOUR BODY COULD SAVE YOUR LIFE

Whatever your age or gender, it's really important to get to know what's normal for your body. Symptoms of breast cancer may include:



## LOOK

changes in skin texture  
e.g. puckering/dimpling



## LOOK

swelling in your armpit  
or around collar bone



## FEEL

lumps and thickening



## FEEL

constant, unusual pain in  
your breast or armpit



## LOOK

nipple discharge



## LOOK

a sudden change in size  
or shape



## LOOK

nipple inversion and  
changes in direction



## LOOK

a rash or crusting of the  
nipple or surrounding area



Visit the Self  
Checkout for tools to  
help you check. Talk  
to your doctor if you  
have concerns.



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# CHEST CHECK 101

Breast cancer can affect people of any age or gender, so it's really important to get to know what's normal for your body. Everyone is different and knowing your normal is a process, but you can start here.

1

## CHECK REGULARLY

This will help you get to know what's normal for you. You can use any method you're comfortable with, such as lying down in bed, standing in front of a mirror or when you're showering.

2

## LOOK AND FEEL

Remembering to check all parts of your breast, including your armpits, up to your collarbones and your nipples.

3

## IF IN DOUBT, GET CHECKED OUT

Early detection is the best form of defence, so if you notice anything unusual for you, get it checked out by your doctor.



Visit the Self Checkout for tools to help you check. Talk to your doctor if you have concerns.



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