

GETTING TO KNOW WHAT'S NORMAL FOR YOUR CHEST

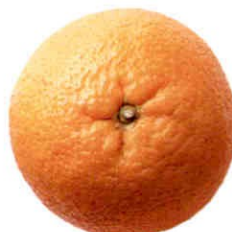
Breast cancer can affect people of any age or gender, so it's really important to get to know what's normal for your body, and be aware of the symptoms below.



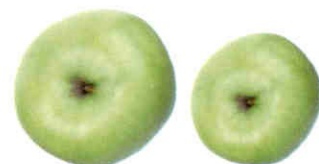
Nipple discharge:
liquid that comes from the nipple without squeezing.



Lumps or thickening:
new, unusual lumps or an area that feels thicker than the rest.



Changes in skin texture:
puckering or dimpling of the skin, that might look like orange peel.



Change in size or shape:
a sudden, persistent or unexplained change in size or shape.



Constant, unusual pain:
unexplained pain that doesn't go away with your period (if you have them).



Nipple inversion:
the nipple is pointing in a different direction or is 'pulled in' when it's normally out.



Swelling in armpit or collarbone:
a lump, swelling or thickening in your upper chest or armpit area.



Rash or crusting of the nipple:
redness, a rash or crusting of the nipple or the surrounding skin.

Everyone is welcomed in our community and our message is always the same: if in doubt, get checked out. Visit coppafeel.org/livethroughthis for more info and resources.

