



HOW SHOULD I CHECK MY BREASTS?

Breasts come in different shapes and sizes and your breasts can change with age and vary at different times of the month. Knowing your breasts and what is normal for you is important as it will make it easier to spot any unusual changes. Knowing about breast cancer signs and symptoms can help you to understand what changes to look for and if you do spot anything unusual, you should get checked out by your doctor.

Check all parts of your breasts and armpits up to your collarbone.

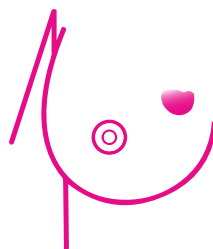
Here are the changes to look out for:



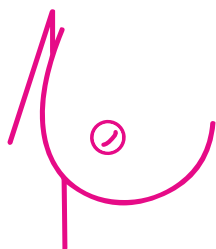
Any changes in size or shape.



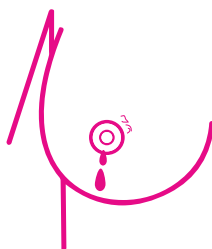
A change in skin texture such as dimpling or puckering.



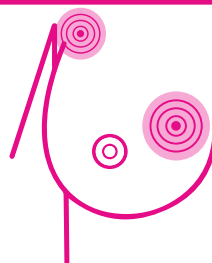
Any lumps or a lumpy area - which may not be visible but which can be felt.



Any change to the nipple in appearance or direction.



A discharge from one or both nipples or any rash or crusting of the nipple or surrounding area.



Any pain or swelling in the breast area, armpit or collarbone.