

BREAST AWARENESS

A monthly breast self-check can help you notice changes.



KNOW WHAT IS NORMAL FOR YOU

Breasts can naturally vary with age and your menstrual cycle. The important thing is noticing a new or unusual change.



WARNING SIGNS

- ♥ A new lump or thickening
- ♥ Change in breast size or shape
- ♥ Skin dimpling or unusual skin texture
- ♥ Nipple turning inward or a change in nipple shape
- ♥ Unusual nipple discharge, especially bloody
- ♥ Persistent swelling or pain
- ♥ A change in the armpit area

If you notice a new or unusual change, speak to a healthcare professional.

Breast awareness is not a substitute for recommended screening. Follow local screening guidance and discuss your personal risk with a healthcare professional.

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