

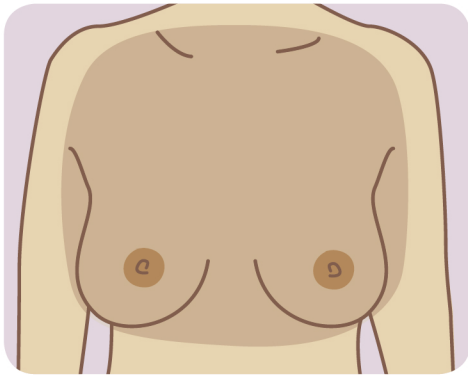
Checking your breasts is as simple as **TLC**

TOUCH your breasts: can you feel anything unusual?

LOOK for changes: does anything look different?

CHECK any changes with your GP

**BREAST
CANCER
NOW** The research
& care charity

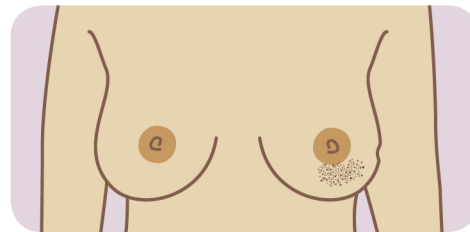


Check all parts of your breasts, your armpits and up to your collarbone for **changes**.

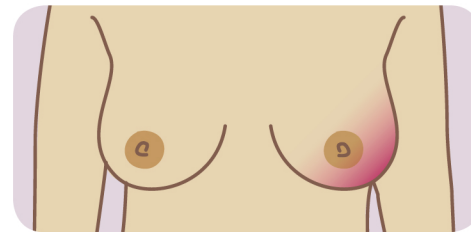
Common signs of breast cancer include...



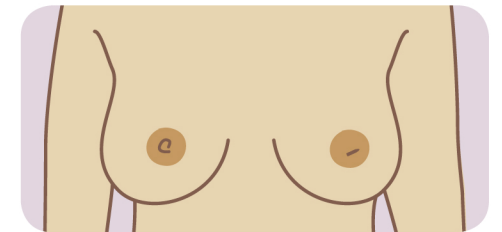
A **lump or swelling** in the breast, upper chest or armpit



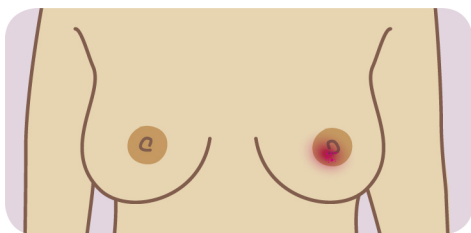
A **change to the skin**, such as puckering or dimpling



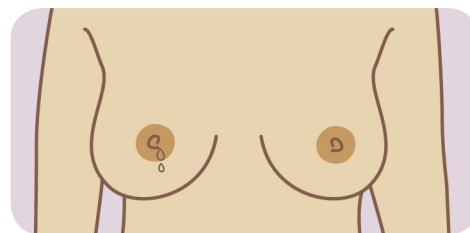
A change in the **colour** of the breast – the breast may look red or inflamed



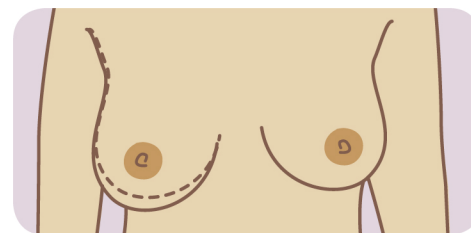
A **nipple change**, for example it has become pulled in (inverted)



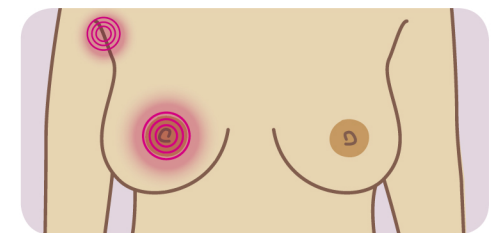
Rash or crusting around the nipple



Unusual liquid (discharge) from either nipple



Changes in size or shape of the breast



Pain in your breast or armpit that's there all or almost all the time