

breast  
cancer  
care

the breast cancer  
support charity

# Taking care of your breasts

Whatever your age, size or shape

it's important to

take care of your breasts

Breast cancer is the most common cancer in the UK, so it's important to look after your breasts. This means getting to know how your breasts look and feel so you know what is normal for you. You can then feel more confident about noticing any unusual changes.

Some people think if they have breast cancer they'll have other symptoms apart from a breast change, such as

feeling tired, having less energy or losing weight, but this isn't the case. If you notice a change, even if you feel well, it's still important to visit your GP.

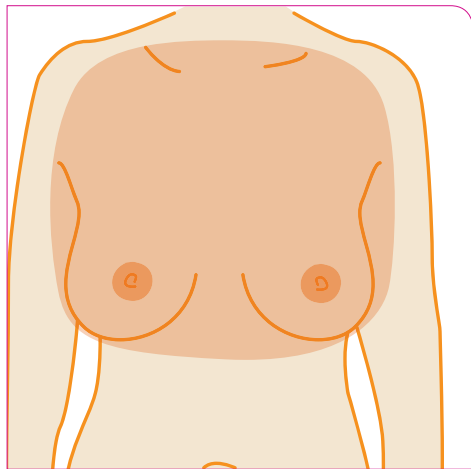
Most breast changes aren't due to breast cancer, but the sooner breast cancer is diagnosed, the more effective treatment may be.

Around 400 men in the UK get breast cancer each year so they also need to be aware of any changes in their breast tissue.

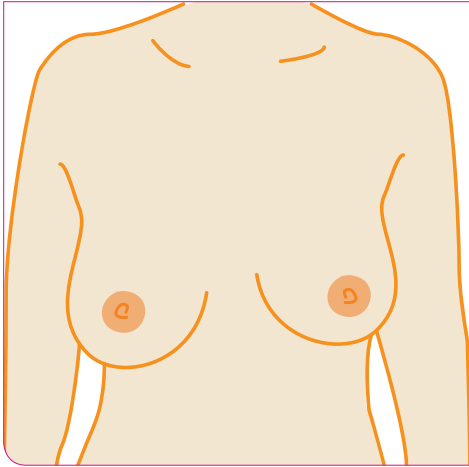
# How do I check my breasts?

There's no right or wrong way to check your breasts for any changes.

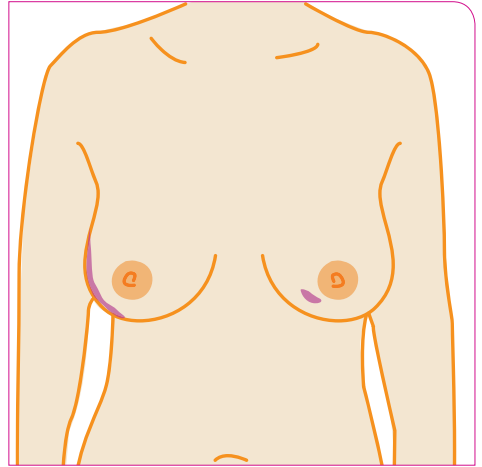
Try to get used to looking at and feeling your breasts regularly. You can do this in the bath or shower, when you use body lotion, or when you get dressed. There's no need to change your everyday routine. Just decide what you're comfortable with and what suits you best.



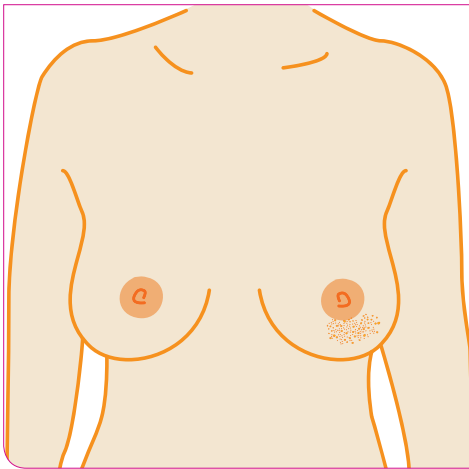
Check all parts of your breast, your armpits and up to your collarbone for **changes**.



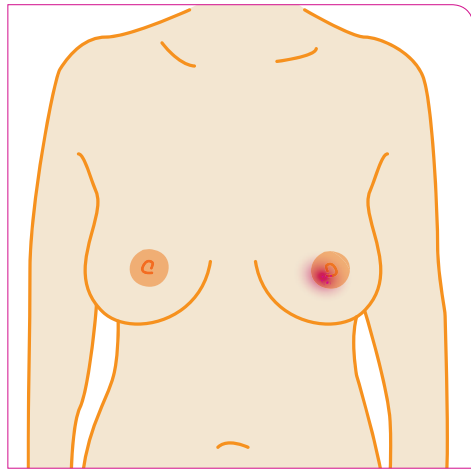
A change in **size** or **shape**



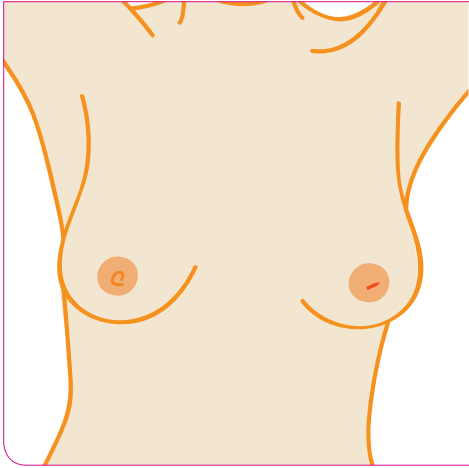
A **lump** or **thickening** that feels different from the rest of the breast tissue



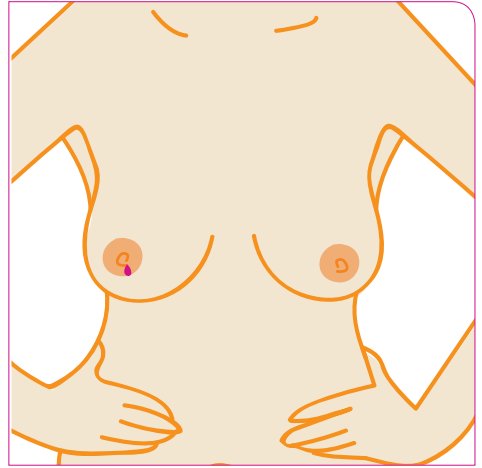
A change in **skin texture** such as puckering or dimpling (like orange peel)



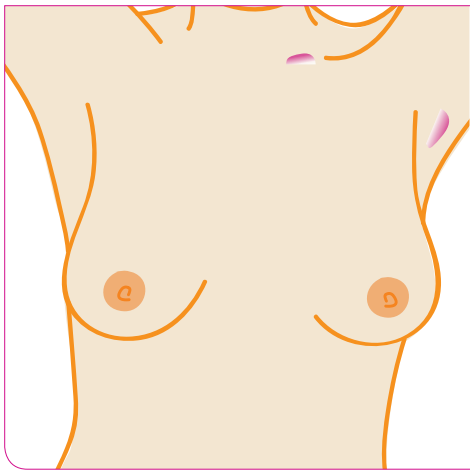
**Redness** or a **rash** on the skin and/or around the nipple (which may look like eczema)



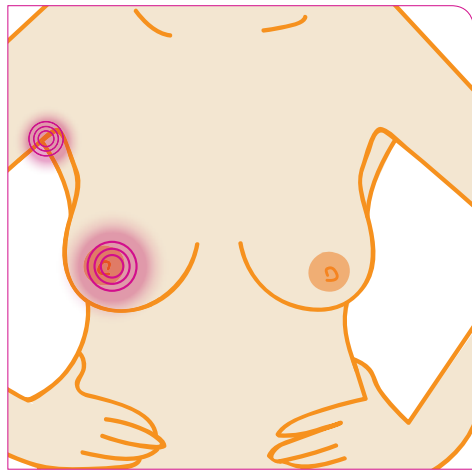
Your nipple becoming **inverted** (pulled in) or changing its position or shape



**Discharge** (liquid) from one or both of your nipples



A **swelling** in your armpit or around your collarbone



Constant **pain** in your breast or your armpit

# The Breast Cancer Care checklist

- ✓ Look at and feel your breasts so you know what's normal for you.
- ✓ Do this regularly to check for changes.
- ✓ Tell your doctor as soon as possible if you notice anything.

Breast Cancer Care doesn't just support people affected by breast cancer. We also highlight the importance of early detection and answer your questions about breast health. Our publications and website provide up-to-date, expert information on breast conditions and looking after your breasts.

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

The Information Standard



Certified Member





If you have a breast cancer or breast health query contact our Helpline on 0808 800 6000 or visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

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