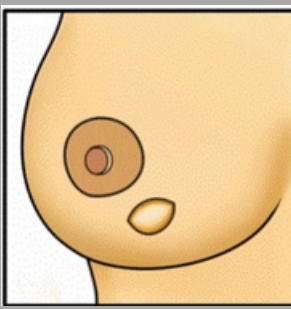


SELF BREAST EXAM

Breast cancer effects 1 in 8 women and is the biggest killer of women aged 45 - 54. Knowing the 4 main symptoms of breast cancer and regular self-examination are key increasing survival rates.

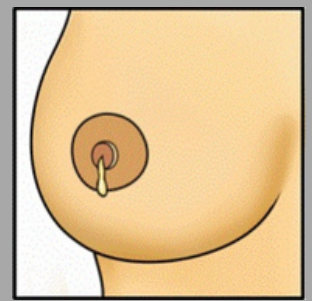
LUMP UNDER THE SKIN



Lumps under skin may not be seen but can sometimes be felt. Place a flat hand and run it slowly over the whole breast area including the nipple and up to collar bone and across into the armpit. Check for lumps in different positions; laying down flat, on your side and sitting or standing as they may be more prominent in different positions.

DISCHARGE

Discharge from the nipple which can be clear or coloured



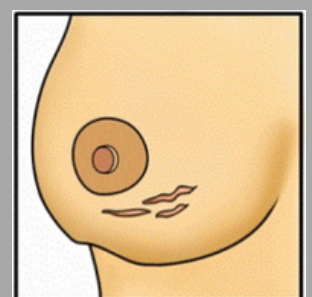
CHANGES TO NIPPLE AREA



Rash or 'crusting' of the nipple area or change in direction of the nipple for example a nipple that inverts where it didn't previously

DIMPLED / PUCKERING SKIN

Dimpled or puckering skin with a look of orange peel or cellulite. Look at your reflection in a mirror with your arms by your side and also over your head; check closely for subtle changes. Some lumps may be deep in the breast tissue and may be difficult to feel, especially in large breasts. Puckering can give an indication of changes in the deeper breast tissue.



The majority of breast lumps and changes investigated are harmless and they can occur for a variety of reasons. If you notice any changes make an appointment with your GP for further investigation. Get to know what is normal for YOU and check your breasts on a regular basis; set up a reminder on your phone/calender