

KNOWING YOUR BODY COULD SAVE YOUR LIFE

Whatever your age or gender, getting to know what is normal for your body is important. If breast cancer is diagnosed early, it can be cured. That is why you should regularly check your chest and be aware of the signs and symptoms of breast cancer below.



LOOK

changes in skin texture
e.g. puckering/dimpling



LOOK

swelling in your armpit
or around collar bone



FEEL

lumps and thickening



FEEL

constant, unusual pain in
your breast or armpit



LOOK

nipple discharge



LOOK

a sudden change in size
or shape



LOOK

nipple inversion and
changes in direction



LOOK

a rash or crusting of the
nipple or surrounding area



Visit the Self
Checkout for tools to
help you check. Talk
to your doctor if you
have concerns.



Text **BOOBS** to **82228**
for our **free** monthly text
reminder service.

*Standard network rates apply for
the first text. Everything after is free.

CHEST CHECK 101

Breast cancer can affect people of any age or gender, so it's really important to get to know what's normal for your body. Everyone is different and knowing your normal is a process, but you can start here.

1

CHECK REGULARLY

This will help you get to know what's normal for you. You can use any method you're comfortable with, such as lying down in bed, standing in front of a mirror or when you're showering.

2

LOOK AND FEEL

Remembering to check all parts of your breast, including your armpits, up to your collarbones and your nipples.

3

IF IN DOUBT, GET CHECKED OUT

Early detection is the best form of defence, so if you notice anything unusual for you, get it checked out by your doctor.



Visit the Self Checkout for tools to help you check. Talk to your doctor if you have concerns.

