

GETTING TO KNOW WHAT'S NORMAL FOR YOUR CHEST

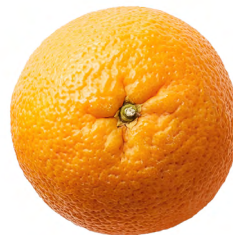
Breast cancer can affect people of any age or gender, so it's really important to get to know what's normal for your body, and be aware of the symptoms below.



Nipple discharge:
Liquid that comes from the nipple without squeezing.



Lumps or thickening:
New, unusual lumps or an area that feels thicker than the rest.



Changes in skin texture:
Puckering or dimpling of the skin, that might look like orange peel.



Change in size or shape: a sudden, persistent or unexplained change in size or shape.



Constant, unusual pain:
unexplained pain that doesn't go away with your period (if you have them).



Nipple inversion:
the nipple is pointing in a different direction or is 'pulled in' when it's normally out.

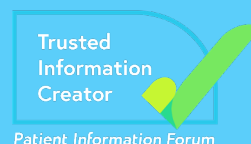


Swelling in armpit or collarbone:
A lump, swelling or thickening in your upper chest or armpit area.



Rash or crusting of the nipple: redness, a rash or crusting of the nipple or the surrounding skin.

Everyone is welcomed in our community and our message is always the same: if in doubt, get checked out. Visit coppafeel.org/livethroughthis for more info and resources.



Want to know more?
Scan here.

This information was published in July 2021. It will be revised in July 2024.

CHEST CHECK 1 1

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

If dysphoria is making this difficult, you could try different methods, positions or settings, like checking without a mirror, beneath loose clothing or on days when you feel less dysphoric.

2

LOOK AND FEEL

Check all parts of your chest, including your armpits, up to your collarbones and your nipples. If you have developed breasts as part of your transition, have implants or are planning to get them this will not affect how you need to check yourself. However, it's still really important to get to know your new normal.

3

IF IN DOUBT, GET CHECKED OUT

Even if you have had top surgery, some tissue usually remains around the nipple, under the collarbone and in the armpit that needs to be checked - this may be referred to as 'breast tissue' by healthcare professionals. When breast cancer is detected early it is more easily treated and the survival rate is higher.



For information about Live Through This and CoppaFeel!, or to find support and resources for LGBTIQ+ people, visit coppafeel.org/livethroughthis

