

# 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 **EARLY** 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.

