

guys, gals, non-binary pals, you've got to

# feel yourself

Whatever your age or gender, it's really important to get to know what's normal for your body. Symptoms of breast cancer may include:



**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** unusual nipple discharge



**LOOK** a sudden change in size or shape



**LOOK** nipple inversion or a change in direction



**LOOK** a rash or crusting of the nipple or surrounding area

**IF IN DOUBT,  
GET IT CHECKED OUT.**



**PEEL ME OFF & STICK ME IN YOUR SHOWER - I'M WATERPROOF & WON'T LEAVE A MARK.**

This information was last reviewed in February 2022. It will be revised in February 2025.

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