

**KEEP ME! I'M YOUR  
HANDY REMINDER  
TO CHECK YOUR BOOBS**



CoppaFeel! is a registered charity in England & Wales (1132366) & Scotland (SC045970). VAT Number: 388465343

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:



Changes in skin texture  
e.g. puckering/dimpling



Swelling in your armpit or  
around collar bone



Lumps and thickening



Feel constant, unusual pain  
in your breast or armpit



Nipple discharge



A sudden change in size  
or shape



Nipple inversion or a  
change in direction



A rash or crusting of the  
nipple or surrounding area

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