

GETTING TO KNOW WHAT'S NORMAL FOR YOUR CHEST

People of all ages and genders can get breast cancer. These signs may look different on your skin tone or your body. It's really important to know what's normal for you.

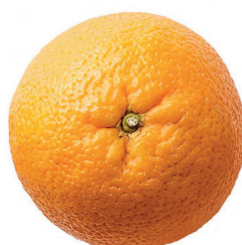
Signs of breast cancer may include:



Liquid coming from
your nipple



Unusual lumps
and thickening



Skin changes such as
puckering or dimpling



A sudden, unusual
change in size or shape



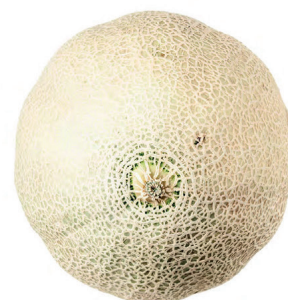
Constant, unusual
pain in your breast or
pec, or armpit



Nipple is pulled inwards
or changes direction



Unusual lump or
swelling in your
armpit, or around your
collarbone

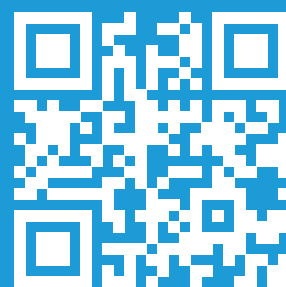


A rash or crusting
on or around your
nipple

Everyone is welcome in our community and
our message is always the same:
if in doubt, get it checked out.



Version 1, 2024. We updated this information in April 2024.
We will look at it again in April 2027.



Want to know more?
Scan here.

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 every month

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. It's 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 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 free monthly
text reminders,
text **CHECK**
to **82228**



Standard network rates
apply for texts you send us.
Receiving our reminders
in the UK is free.

Scan the QR code or head to our website
coppafeel.org/outpatients for more information



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