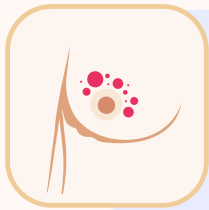


# CHECKING YOUR CHEST COULD SAVE YOUR LIFE

**CoppaFeel!**  
breast cancer awareness

People of all ages and genders can get breast cancer.  
These signs may look different on your skin tone or your body.  
Remember to look AND feel when checking your chest.

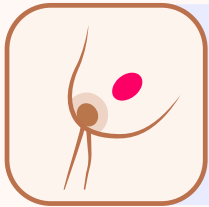
## Signs of breast cancer may include:



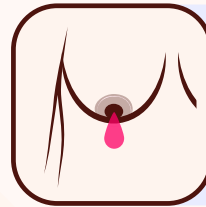
Skin changes such as puckering or dimpling



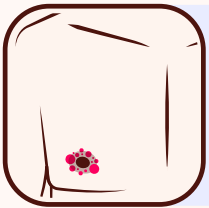
Unusual lump or swelling in your armpit, or around your collarbone



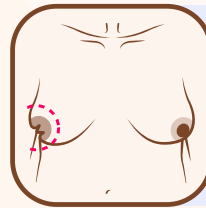
Unusual lumps and thickening



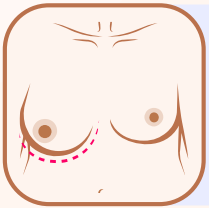
Liquid coming from your nipple



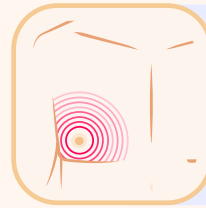
A rash or crusting on or around your nipple



Nipple is pulled inwards or changes direction



A sudden, unusual change in size or shape



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



Patient Information Forum

CoppaFeel! is a registered charity in England and Wales (1132366) and Scotland (SC045970) VAT number (388465343).

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

For **FREE** monthly text reminders, text **EARLY** to **82228**

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

# CHEST CHECKING TIPS

Breast cancer can affect people of any age or gender.

Signs of breast cancer may look different on your skin tone or your body.

It can take a while to feel confident about your own normal.

**Here are some tips to get started:**

**1**

## **Check every month**

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**

Remember to check all parts of your chest, 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. If you notice anything unusual for you, talk to your GP.



**Visit The Self-Checkout  
for tools to help you  
check. Talk to your GP  
if you are worried.**

