

Natural chest changes: The Basics

Hormones

Our bodies are always changing. If you have periods, you may notice natural changes to your chest that are linked to the hormone changes during your monthly cycle. It is normal for your breasts to feel tender, sore or swollen around the time of your period. If you are worried about any changes, contact your GP.

Appearance

Chests come in all shapes and sizes. The size of your chest does not affect your risk of breast cancer. You may have different sized breasts, nipples that point in different directions or nipples with hair around them. If they have always been that way and it is normal for you, then you don't need to worry.

Lumps

Some lumps are perfectly normal, but if you get a new lump or a lump comes back, contact your GP. If you get to know how your chest usually feels, it will be easier to notice any unusual changes.

Why is it important to check your chest?

When breast cancer is diagnosed early, it is more likely to be treated successfully.

Be aware of changes that might be signs of breast cancer. Get into the habit of checking your chest every month. Remember that some changes happen naturally if you have a monthly cycle, and can be perfectly normal.

Let's talk UK stats

1 in 7

women will be diagnosed with breast cancer in their lifetime.

Around **2,500**

people under the age of 40 are diagnosed with breast cancer every year.

Nearly **400**

men are diagnosed every year.

Source: Cancer Research UK



The importance of CHECKING

Checking your chest could save your life.

CoppaFeel!

breast cancer awareness

You can find us:

 coppafeel.org

   @coppafeel

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

People of all ages and genders can get breast cancer - guys, gals, and non-binary pals.

The word 'chest' is inclusive of all bodies and genders. When we need to be clinically accurate we use the word 'breast'.

You might prefer to call your chest something else, and that's ok!

Here's how to check

- The area that can be affected by breast cancer reaches all the way up to your collarbones and underneath your armpits. Check this whole area each time. This is the same for all genders.
- Remember to check your nipples.
- Use any method you are comfortable with. This may be lying down in bed, standing in front of the mirror or in the shower.
- Look AND feel every time you check.
- Get into the habit of checking your chest every month. If you get to know what is normal for you, it will be easier to notice any unusual changes.
- If in doubt, get it checked out.



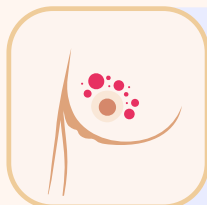
CoppaFeel!
breast cancer awareness

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

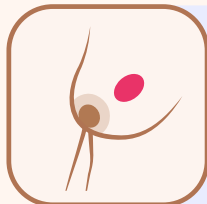
Signs of breast cancer

These signs may look different on your skin tone or your body. It's really important to know what's normal for you. Remember to look AND feel when checking your chest.

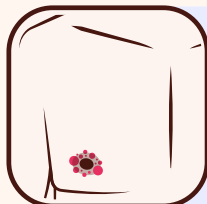
Signs of breast cancer may include:



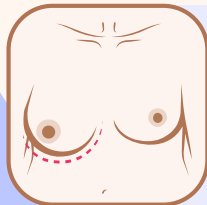
Skin changes such as puckering or dimpling



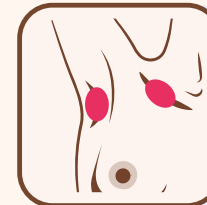
Unusual lumps and thickening



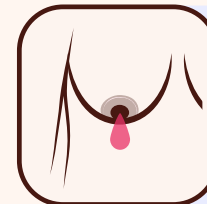
A rash or crusting on or around your nipple



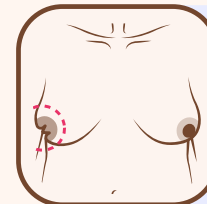
A sudden, unusual change in size or shape



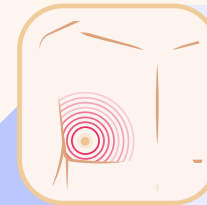
Unusual lump or swelling in your armpit, or around your collarbone



Liquid coming from your nipple



Nipple is pulled inwards or changes direction



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

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.



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