

Quick talking points

What you could say:



If you notice something unusual, speak to your GP as soon as possible.

CoppaFeel! is the UK's only youth-focused breast cancer awareness charity.

It's important to check your chest regularly. CoppaFeel! recommend you get to know your normal by feeling and looking at your chest monthly.

Anyone can get breast cancer at any age. So whatever you're feeling, feel your chest.

There is no one way to check your chest. If you've never checked your chest or are not sure where to start, try CoppaFeel!'s Self-Checkout for step by step guidance.

Try building self-checking into your daily routine. You could check your chest in the shower, when you're getting dressed to go out or getting ready for bed, or even while lying on the sofa during a Netflix binge.



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Statistics:

**1 IN 7
women**

will be diagnosed
with breast cancer
in their lifetime

**NEARLY
400**

men are diagnosed
with breast cancer
every year

**AROUND
2,500**

people in the UK
who are under 40 are
diagnosed with breast
cancer every year

**EVERY
10 mins**

a woman in the UK
is diagnosed with
breast cancer

Quick talking points

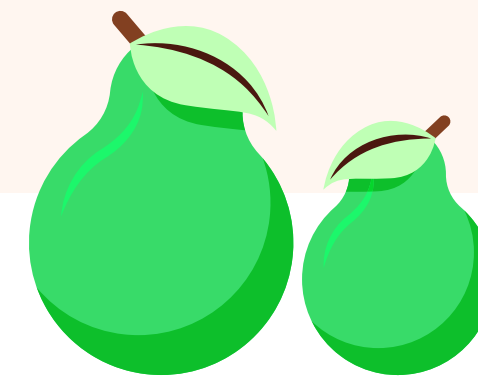
Signs and symptoms of breast cancer:



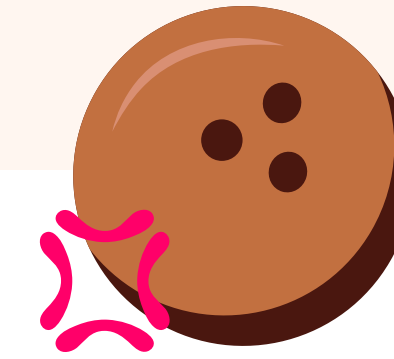
**Liquid
coming from
your nipple**



**Unusual
thickening
or lumps**



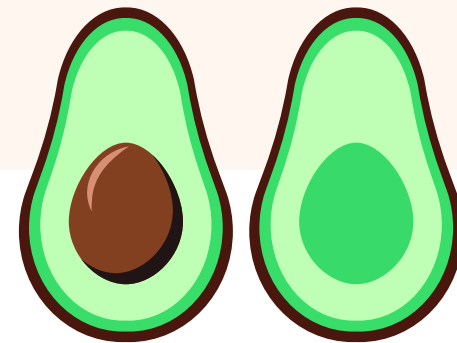
**Sudden change
in breast size
or shape**



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



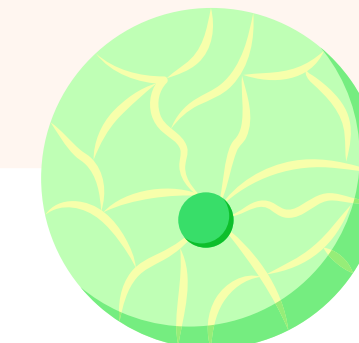
**Unusual lump
or swelling in your
armpit or around
your collarbone**



**Nipple is pulled
inwards or changes
direction**



**Skin changes
such as puckering
or dimpling**



**Crusting or a
rash on or around
your nipple**