

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.

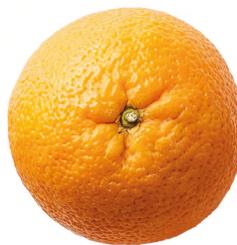
Signs of breast cancer may include:



Liquid coming from your nipple



Unusual lumps and thickening



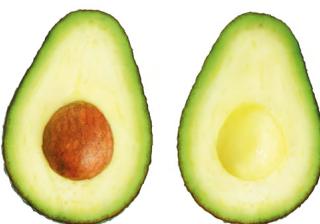
Skin changes such as puckering or dimpling



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.

OUTpatients
The UK's LGBTQ+ Cancer Charity

CoppaFeel!
breast cancer awareness



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

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 101



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.



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



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