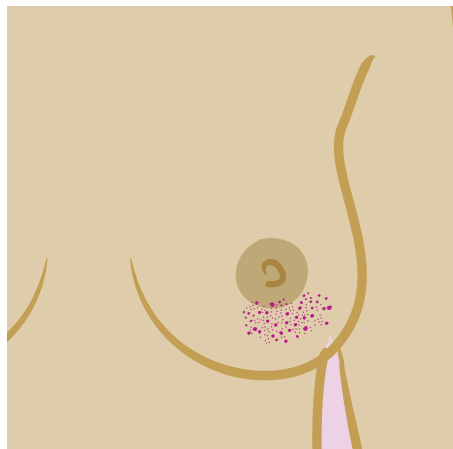
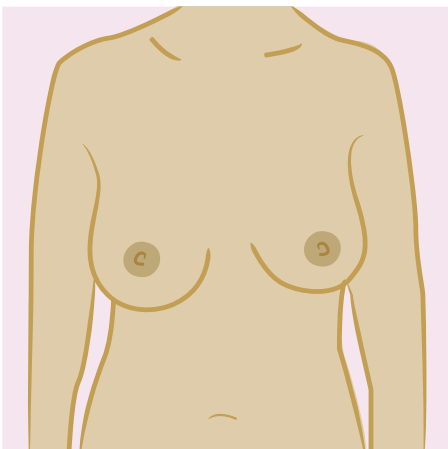


# Breast awareness

## looking out for changes

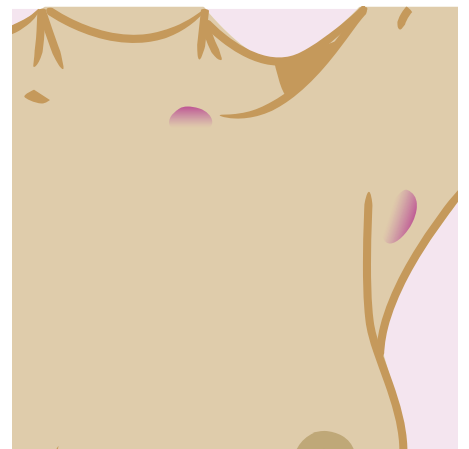
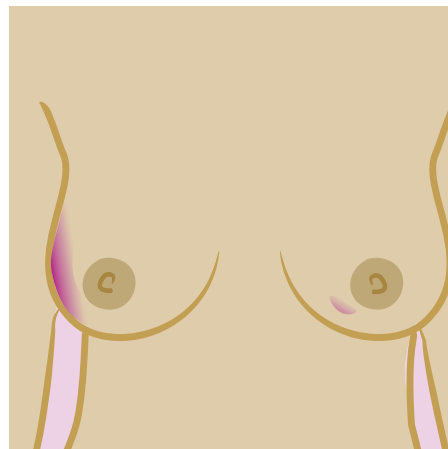
### Appearance

A change in size or outline of either breast, especially those caused by arm movement; any puckering, dimpling or redness of the skin; or veins that stand out more than usual.



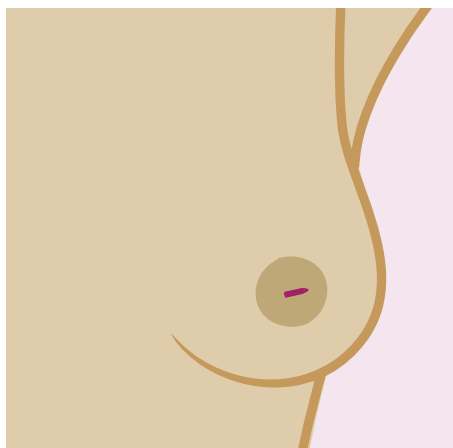
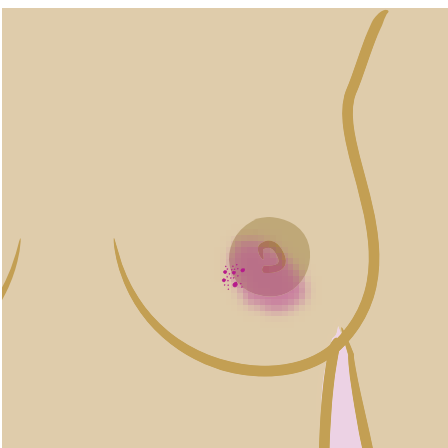
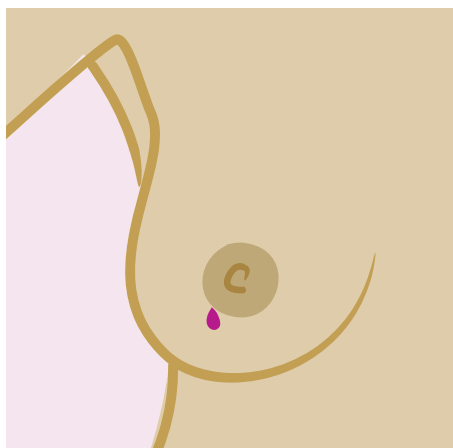
### Lumps

Any lumps or thickening in either breast that feels different from the other breast; any swelling or lumps under your armpit or around your collarbone.



### Nipple change

A nipple that has become pulled in, changed shape or shows signs of any discharge, bleeding, rash or crusted, flaky skin.



### Feelings

Pain on its own is not usually a sign of breast cancer.

### The breast awareness 5 point code

1. Know what is normal for you
2. Know what changes to look and feel for
3. Look and feel
4. Report any changes to your GP immediately
5. Attend for breast screening from the age of 50

Illustrations courtesy of Breast Cancer Care