

Be Breast Aware

It's so important to get to know what's normal for you by checking regularly. That way, if something changes, you'll notice. Be aware of the signs of breast cancer:



A LUMP



**THICKENING,
PUCKERING OR DIMPLING
OF THE BREAST**



**CHANGE IN SIZE
OR SHAPE OF
YOUR BREAST**



**UNUSUAL PAIN OR
SWELLING IN YOUR BREAST,
ARMPIT OR COLLARBONE**



**REDNESS OR RASH
ON THE BREAST
OR NIPPLE**



**NIPPLE INVERSION
OR NIPPLE
DISCHARGE**

**IF IN DOUBT,
GO TO YOUR GP**

#BeBreastAware



Celebrating over 50 years