

# YOU KNOW YOUR BODY BETTER THAN ANYONE

Getting to know how your breasts look and feel normally means you'll be able to notice any unusual changes.

A change to the way your breasts feel or look could be a sign of cancer. So get any new or unusual changes checked by a GP.

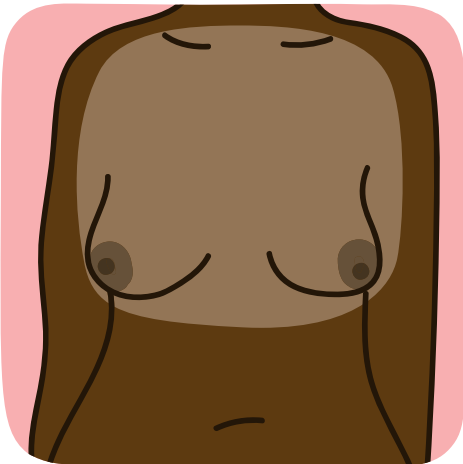
Most breast changes, including lumps, are not cancer. But the sooner breast cancer is found, the more successful treatment is likely to be.

# CHANGES TO LOOK AND FEEL FOR

There's no special way to check your breasts and you do not need any training. Everyone will have their own way of touching and looking for changes.

Get used to checking regularly and be aware of anything that's new or different for you.

Some of these signs and symptoms may appear differently on various skin tones.



Check your whole breast area, including up to your collarbone (upper chest) and armpits for **changes**.

# WE'RE HERE FOR YOU

We want everyone to have the confidence to check their breasts and report any new or unusual changes.

If you have any questions or worries about your breasts or breast cancer, call us free and confidentially.

**0808 800 6000**

## CHECKING YOUR BREASTS IS AS EASY AS TOUCH LOOK CHECK

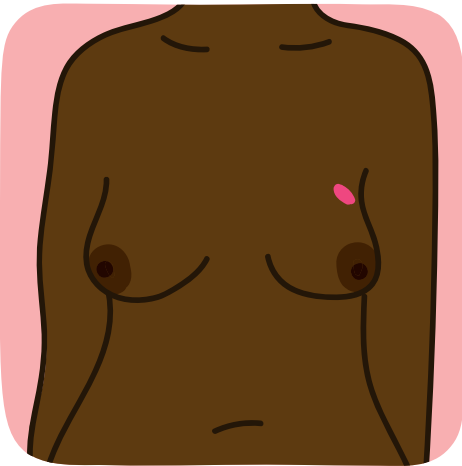
### TOUCH your breasts

Can you feel anything new or unusual?

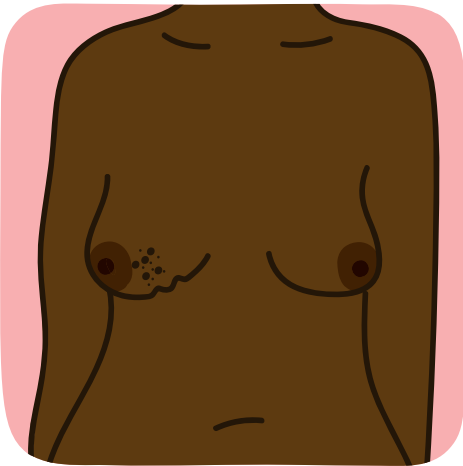
### LOOK for changes

Does anything look different to you?

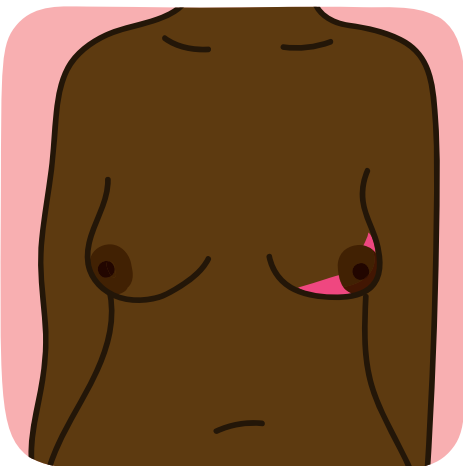
**CHECK** any new or unusual changes with a GP



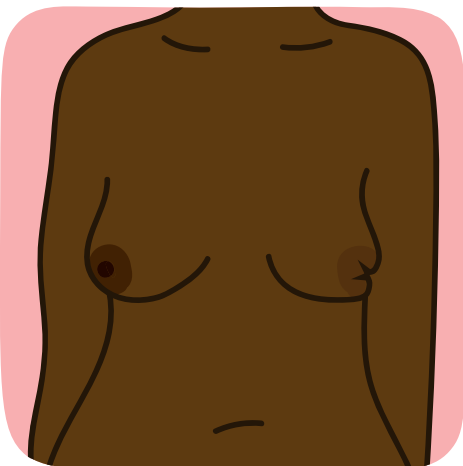
A **lump or swelling** in the breast, upper chest or armpit



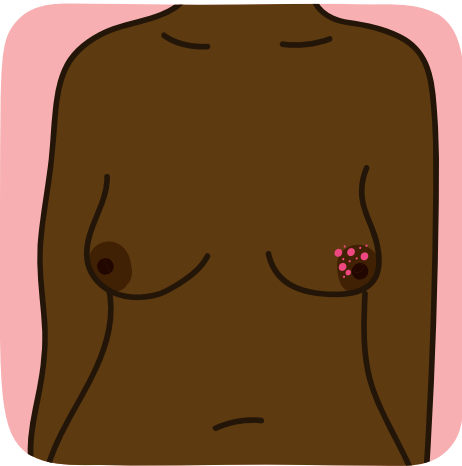
A **change to the skin**, such as puckering or dimpling



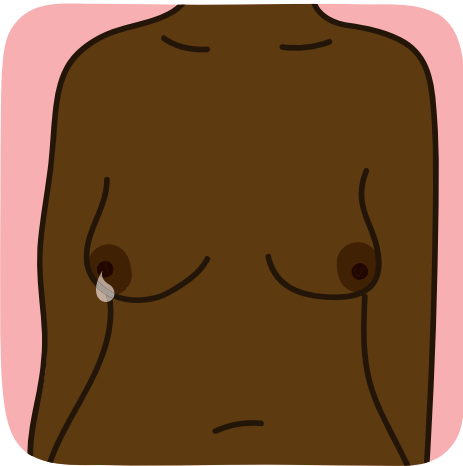
A change to the **colour** of the breast – the breast may look darker, red or inflamed



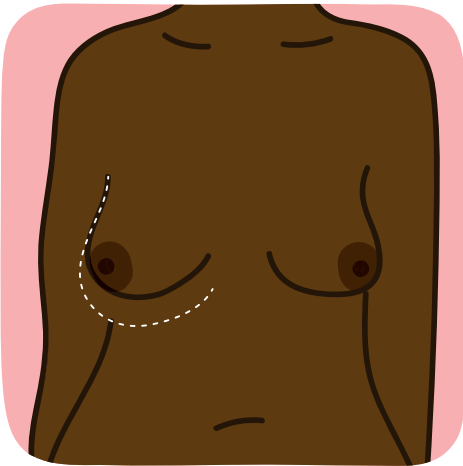
A **nipple change**, for example it has become pulled in (inverted)



**Rash or crusting** around the nipple



**Unusual liquid** (discharge) from either nipple



**Changes in size or shape** of the breast

On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.

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# AQOON U YEELO NAASAHAAGA

Somali

TOUCH  
LOOK  
CHECK™

BREAST  
CANCER  
NOW

The research & support charity

## JIRKAAGA ADIGAA QOF KASTA UGA AQOON BADAN

Inaad baratid qaab-dhismeedka naasahaaga oo aad qaabkaas caadi u dareentid waxay muujinaysaa inaad dareemi kartid isbeddel kasta oo aan caadi ahayn.

Isbeddelka ku yimaada dareenka ama muuqaalka naasahaagu waxay noqon karaan calaamad kansar. Sidaa awgeed, waa in isbeddel kasta oo cusub ama aan caadi ahayn uu Dhakhtarku (GP) kaa hubiyo.

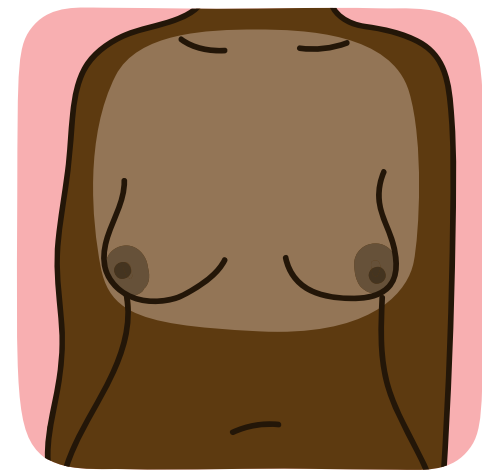
Inta badan isbeddellada naasaha ku dhaca, oo ay burooyinku ka mid yihiin, kansar ma aha. Hase yeeshee, hadba sida kansarka naasaha horay loogu ogaado, ayay ku guuleysashada daaweyntiisuna u badnaanaysaa.

## ISBEDDELLADA AY TAHAY IN ISHA IYO MAANKABA LAGU HAYO

Ma jiro hab gaar ah oo naasahaaga aad ku hubin karto mana u baahnid wax tababar ah. Qof kasta wuxuu leeyahay hab u gaar ah oo uu u taabto oo isbeddellada ula socdo.

Caado ka dhigo inaad si joogto ah u hubiso oo uga feejignaato wixii cusayb ama isbeddel ah oo aad dareento.

Qaar ka mid ah astaamahaan iyo calaamadahaan ayaa laga yaabaa inay si kala duwan uga muuqdaan midabada jirarka ee kala duwan.



Ka hubi agagaarka naaska oo dhan, oo ay ku jiraan kalxanyahaaga (xabadka sare) iyo kilkillooyinkaaga wax **isbeddel** ah.

## HUBINTA NAASAHAAGU WAXAY U FUDUDDAHAY SIDA AY U FUDUDDAHAY TAABO FIIRI HUBI

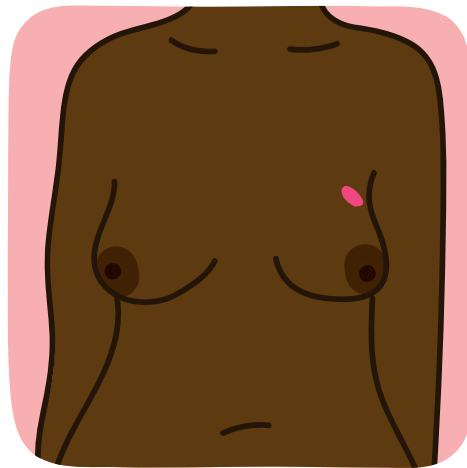
### TAABO naasahaaga

Ma dareemi kartaa wax cusub ama aan caadi ahayn?

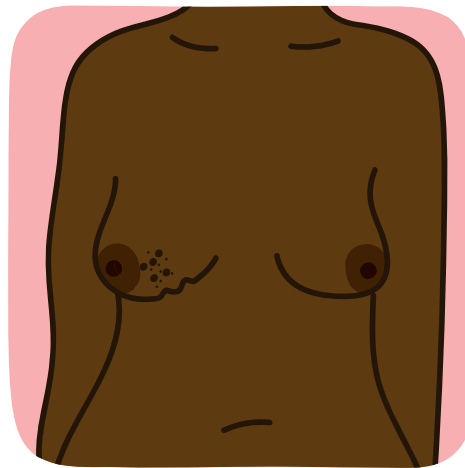
### FIIRI wax isbeddel ah

Ma jiraan wax si kale kuula eg?

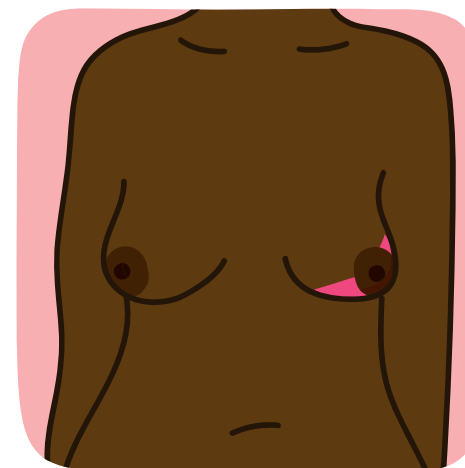
**HUBI** wax kasta oo cusub ama isbeddellada aan caadiga ahayn oo Dhakhtar (GP) kala tasho



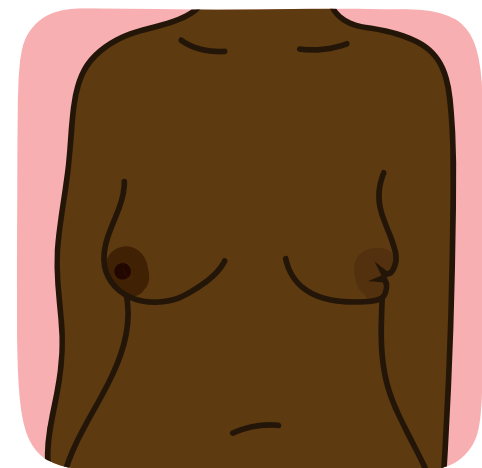
**Buro ama barar** ka muuqda gudaha naaska, xabadka kore ama kilkisha



**Isbeddel maqaarka ku dhaca**, sida duuduub ama furuuruc



Isbeddel ku dhaca **midabka** naaska – naasku wuxuu u muuqan karaa madow, guduud ama nabarro ayuu yeeshaa



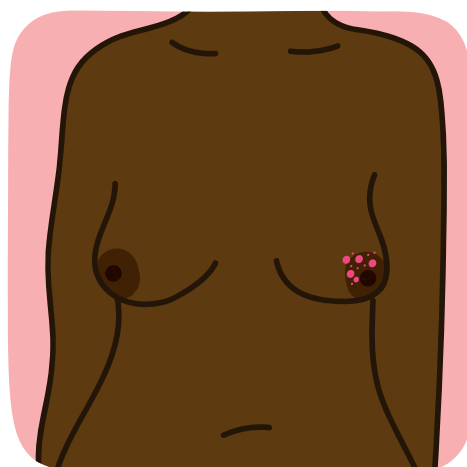
**Ibta oo isbeddesha**, tusaale inay gudaha gasho (roganto)

## HALKAAN ADIGAAN KUU JOOGNAA

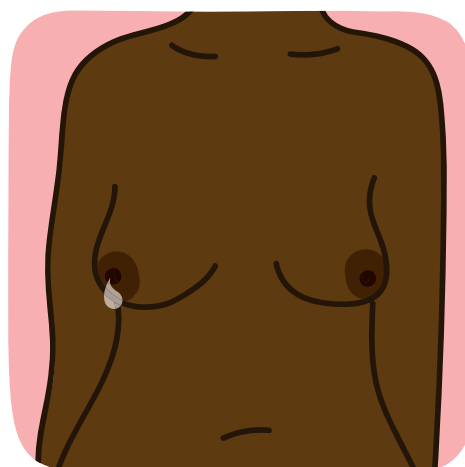
Waxaan rabnaa in qof kasta aan siino kalsooni ay ku hubiyaan naasahooda oo ku soo sheegaan isbeddel kasta oo cusub ama aan caadi ahayn.

Haddii aad qabtid wax su'aalo ama walaac ah oo naasahaaga ama kansarka naasaha ku saabsan, naga soo wac si bilaash ah oo qarsoodi ah.

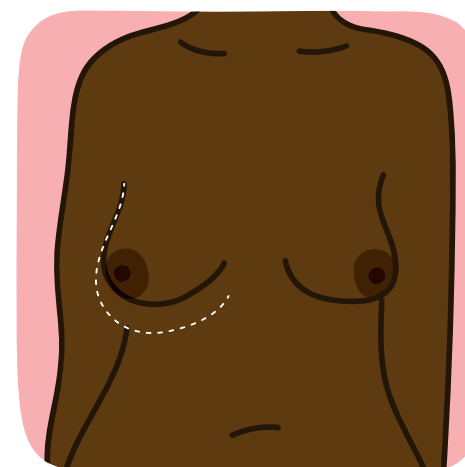
**0808 800 6000**



**Finan ama cambaar** ka soo baxa hareeraha ibta



**Dareere aan caadi ahayn** (oo ka yimaada) ibaha midkood



**Isbeddellada ku yimaada cabbirka iyo qaabka** naaska

In naasuhu ku xanuunaan oo kaliya, sida badan kansarka naasaha calaamad uma noqoto. Hase yeeshee, u dhug yeelo xanuunka naaska ama kilkisha ee joogtada noqda ama muddo dheer jira.

Muuqaalladaan waxaa loogu talagalay inay ku hagaan. Hubi wax kasta oo aad u aragtid ama aad u dareentid inay isbeddeleen oo Dhakhtar (GP) kala tasho.