

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.

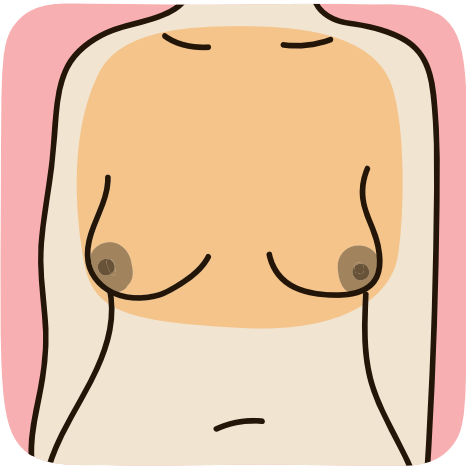
Most breast changes, including lumps, are not cancer. But the sooner breast cancer is found, the more successful treatment is likely to be.

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

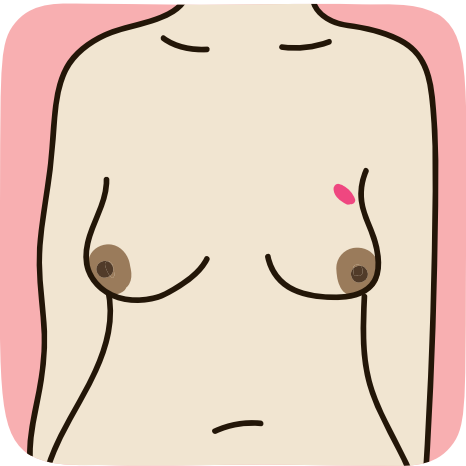
TOUCH your breasts

Can you feel anything new or unusual?

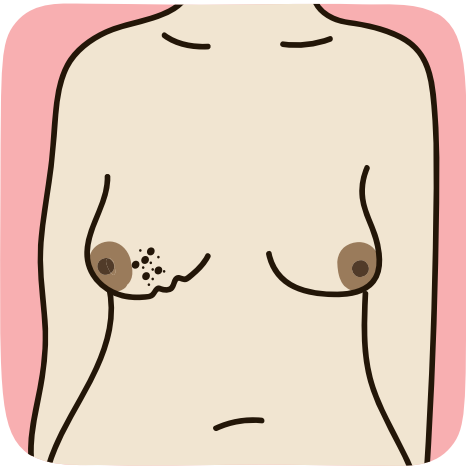
LOOK for changes

Does anything look different to you?

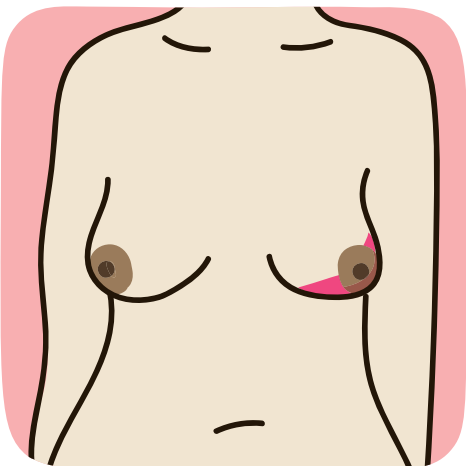
CHECK any new or unusual changes with a GP



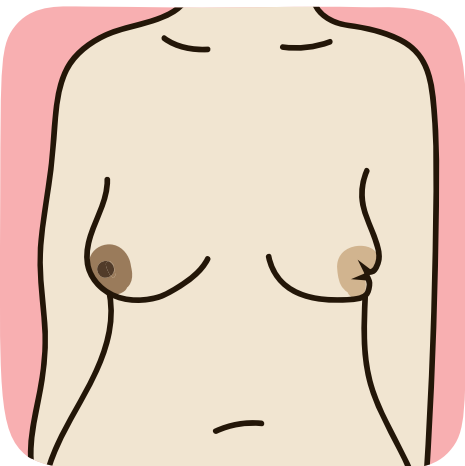
A **lump or swelling** in the breast, upper chest or armpit



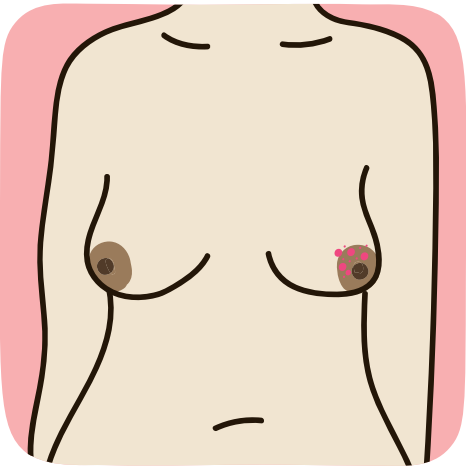
A **change to the skin**, such as puckering or dimpling



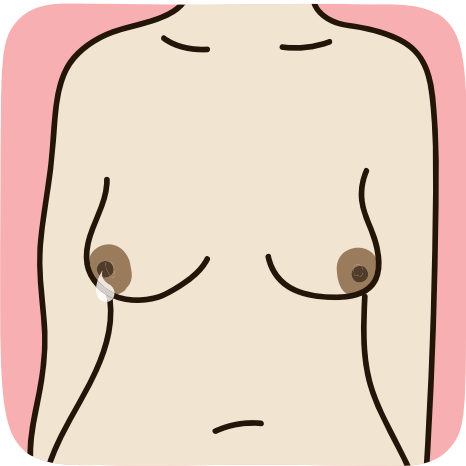
A change to the **colour** of the breast – the breast may look darker, red or inflamed



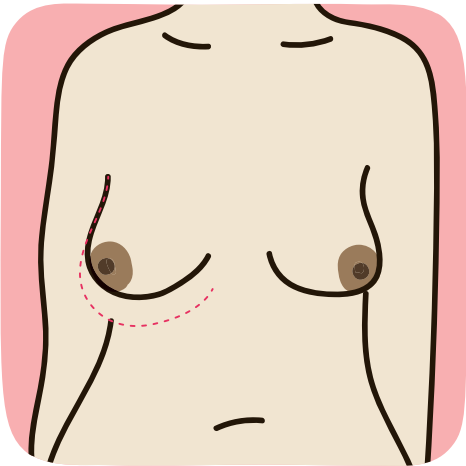
A **nipple change**, for example it has become pulled in (inverted)



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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ADNABOD EICH BRONNAU

Welsh

TOUCH
LOOK
CHECK™

BREAST
CANCER
NOW
The research & support charity

RYDYCH CHI'N ADNABOD EICH CORFF YN WELL NAG UNRHYW UN

Mae dod i adnabod sut mae'ch bronnau'n edrych a theimlo fel arfer yn golygu y byddwch yn gallu sylwi ar unrhyw newidiadau anarferol.

Gallai newid yn sut mae'ch bronnau'n teimlo neu edrych fod yn arwydd o ganser. Felly gofynnwch i'ch meddyg wirio unrhyw newidiadau newydd neu anarferol.

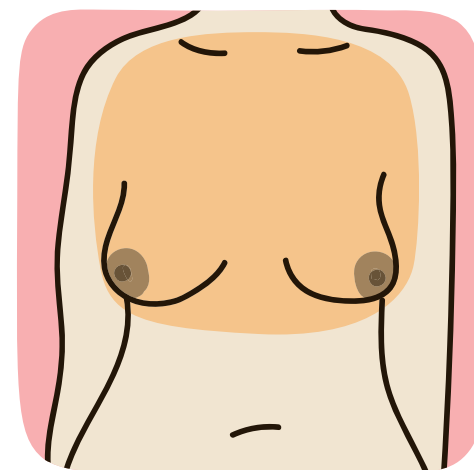
Nid yw'r rhan fwyaf o newidiadau yn y fron, gan gynnwys lymphiau, yn ganser. Ond gorau po gyntaf y canfyddir cancer y fron i sicrhau bod triniaeth yn llwyddiannus.

NEWIDIADAU I CHWILIO AMDANYNT AC I'W TEIMLO

Does yna ddim ffordd arbennig i wirio eich bronnau a does dim angen unrhyw hyfforddiant arnoch. Bydd gan bawb ei ffordd ei hun o gyffwrdd a chwilio am newidiadau.

Dewch i arfer gyda gwirio'n rheolaidd a bod yn ymwybodol o unrhyw beth sy'n newydd neu'n wahanol i chi.

Gall rhai o'r arwyddion a'r symptomau hyn ymddangos yn wahanol ar wahanol lliwiau croen.



Gwiriwch bob rhan o'ch bron, gan gynnwys hyd at bont eich ysgwydd (rhan uchaf eich brest) a'ch ceseiliau am **newidiadau**.

MAE GWRIO EICH BRONNAU MOR HAWDD Â CHYFFWRDD CHWILIO GWIRIO

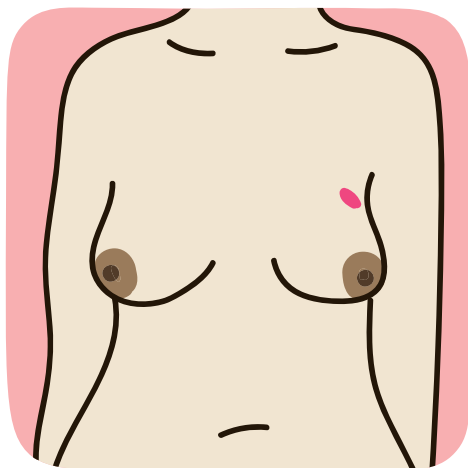
CYFFYRDDWCH eich bronnau

Allwch chi deimlo unrhyw beth newydd neu anarferol?

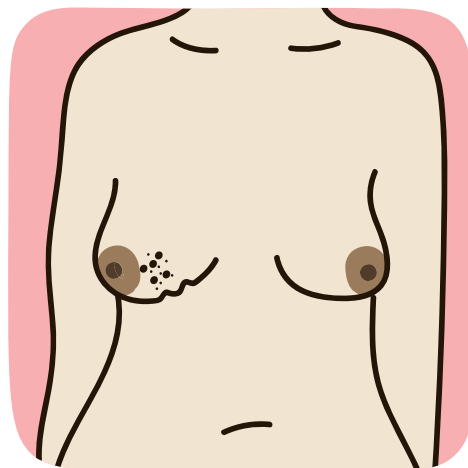
CHWILIWCH am unrhyw newidiadau

Oes yna unrhyw beth sy'n edrych yn wahanol i chi?

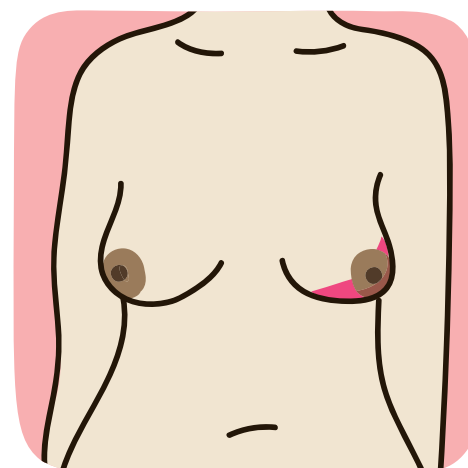
GWIRIWCH am unrhyw newidiadau newydd neu anarferol gyda meddyg teulu



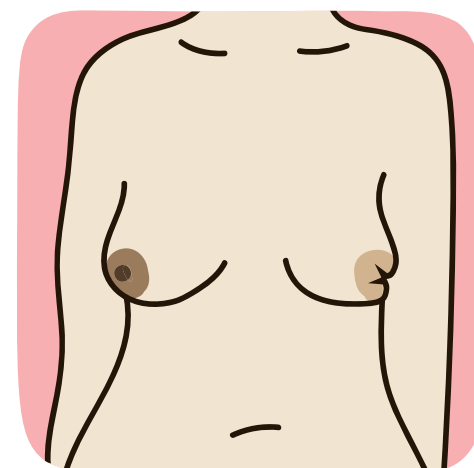
Lwmp neu chwydd yn y fron, rhan uchaf y frest neu'r ceseiliau



Newid i'r croen, fel crychiad neu banylu



Newid yn **lliw'r** fron – efallai y bydd golwg dywyllach, goch neu chwyddedig ar y fron



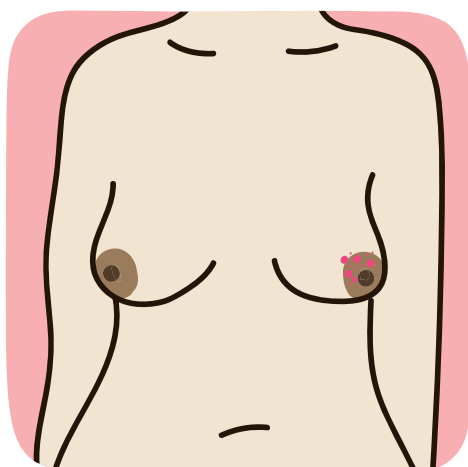
Newid i'r deth, er enghraifft mae wedi tynnu i mewn (gwrthdroedig)

RYDYN NI YMA AR EICH CYFER CHI

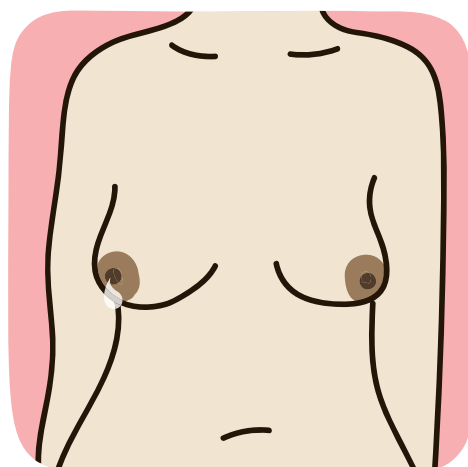
Rydym am i bawb gael yr hyder i wirio eu bronnau a rhoi gwybod am unrhyw newidiadau newydd neu anarferol.

Os oes gennych unrhyw gwestiynau neu bryderon am eich bronnau neu ganser y fron, ffoniwch ni yn rhad ac am ddim ac yn gyfrinachol.

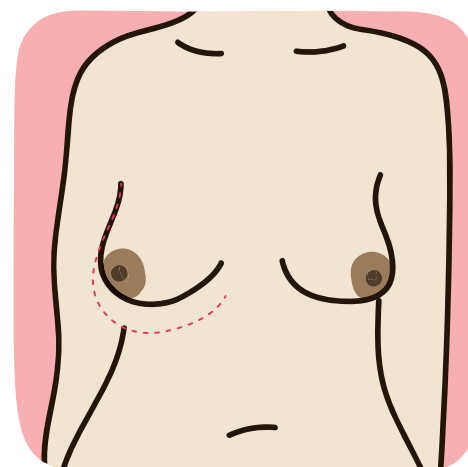
0808 800 6000



Brech neu gramennu o amgylch y deth



Hylif anarferol (rhedlif) o'r naill deth



Newidiadau ym maint neu siâp y fron

Ynddo'i hun, dydy poen yn eich bronnau ddim fel arfer yn arwydd o ganser y fron. Ond byddwch yn wyladwrus o ran poen yn eich bron neu gesail sydd yno bron bob amser.

Bwriedir i'r darluniau hyn fod yn ganllaw yn unig. Gwiriwch unrhyw beth sy'n edrych neu deimlo'n wahanol gyda meddyg teulu.