



TOUCH YOUR CHEST

If you feel anything unusual
around your chest area

TOUCH
LOOK
CHECK™

BREAST
CANCER
NOW The research &
support charity

LOOK FOR CHANGES



Or something that
looks different



CHECK WITH A GP

BREAST CANCER CAN AFFECT ANYONE

We all have breast tissue, so it's important for everyone to know the signs and symptoms of breast cancer.

These include:

- A lump or swelling in the breast tissue, upper chest (including the collar bone) or armpit
- A change to the skin, such as puckering or dimpling
- A change in the colour of the breast/chest – this 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/chest

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

If you notice anything that feels new or unusual, even if you feel well, make an appointment with your GP.

breastcancernow.org