

How to check your breasts

It's important to check your breasts regularly from your mid-twenties onwards.

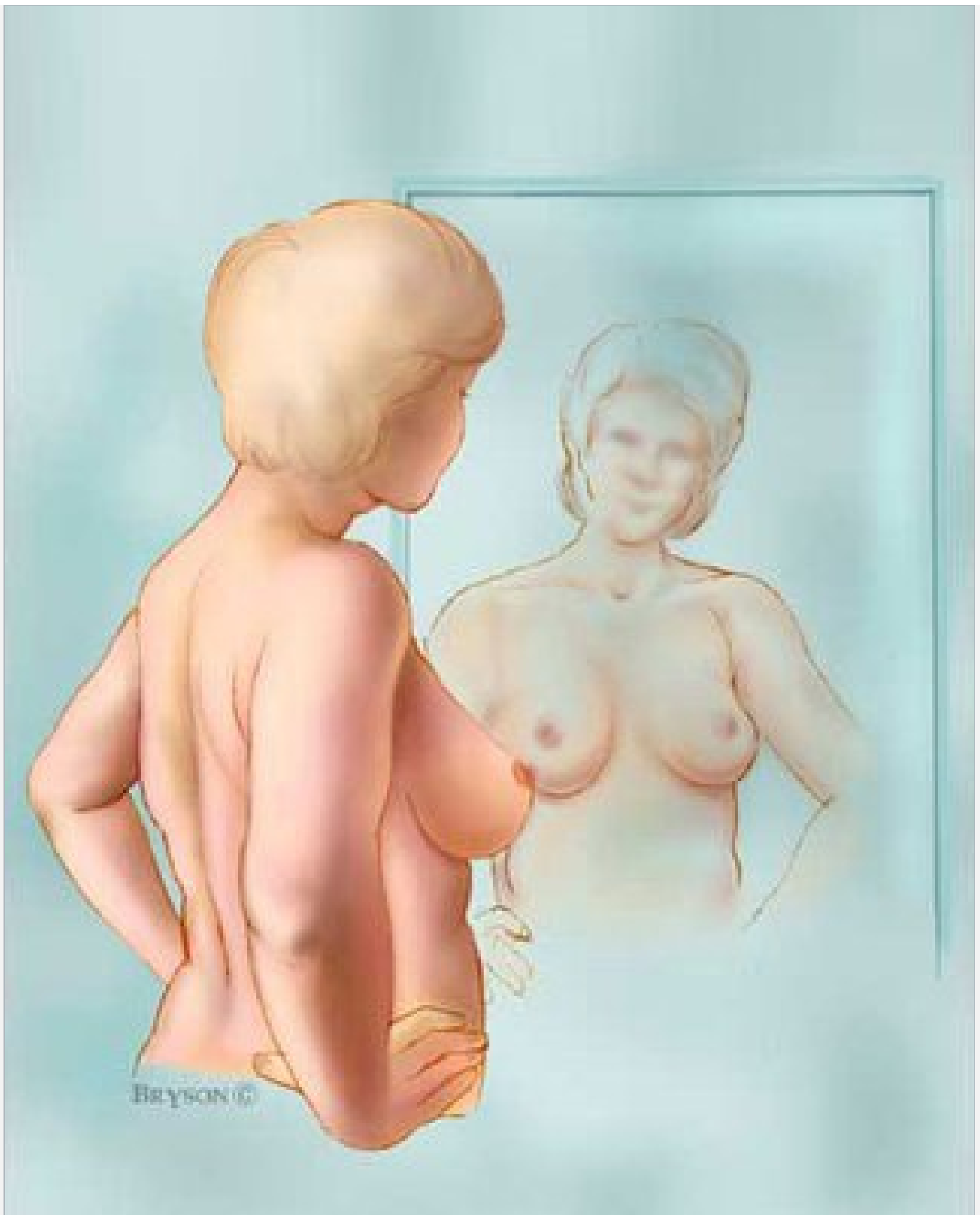
This will help you to:

- learn how your breasts look and feel at different times
- see what is normal for you so you can spot any unusual changes

Breast self-exam

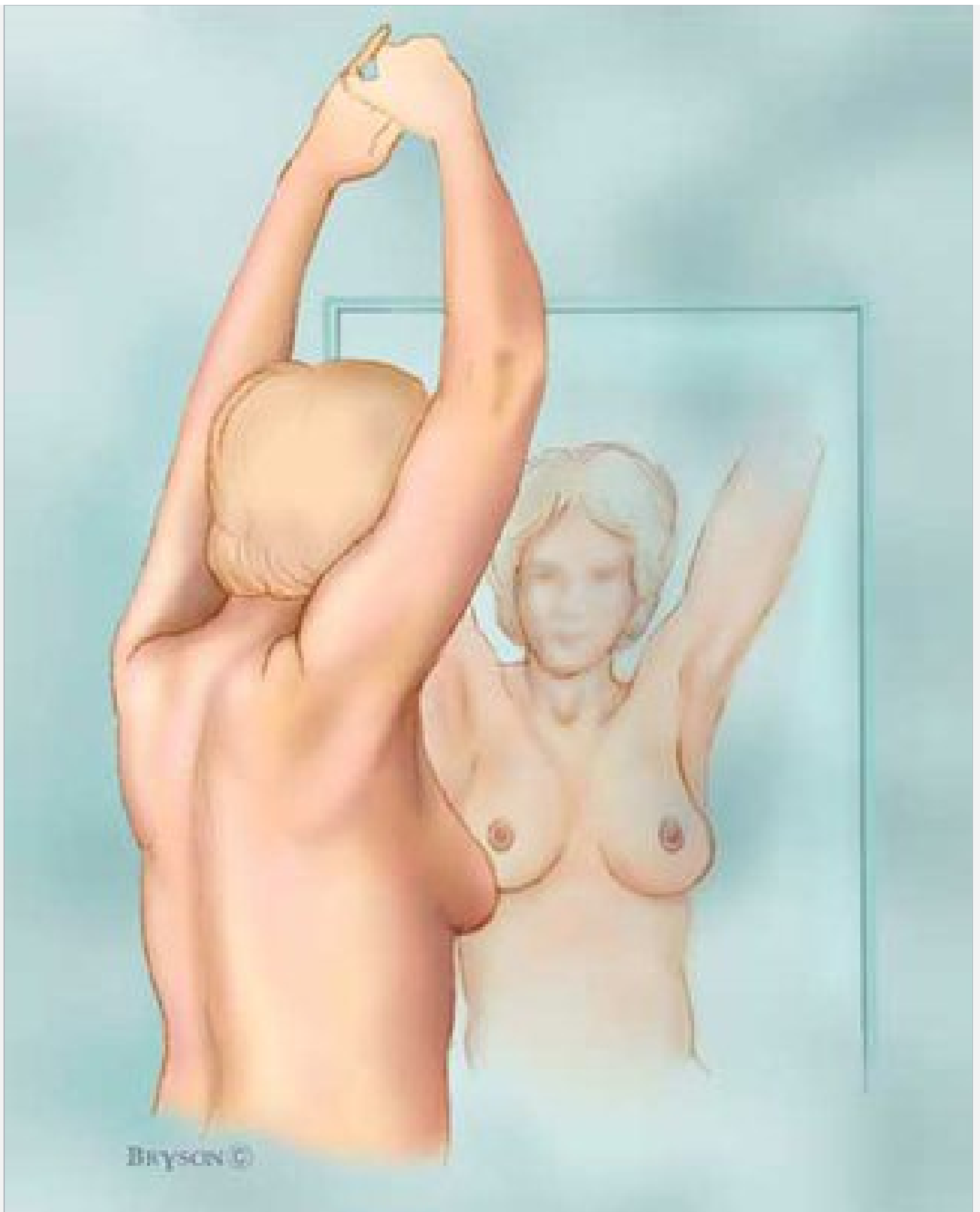
Step 1

Look for changes in the appearance of your breast. Stand and look in the mirror with your shoulders straight and your hands on your hips.



Step 2

Raise your arms and look for changes in appearance. Check your nipples for changes or discharge.



Step 3

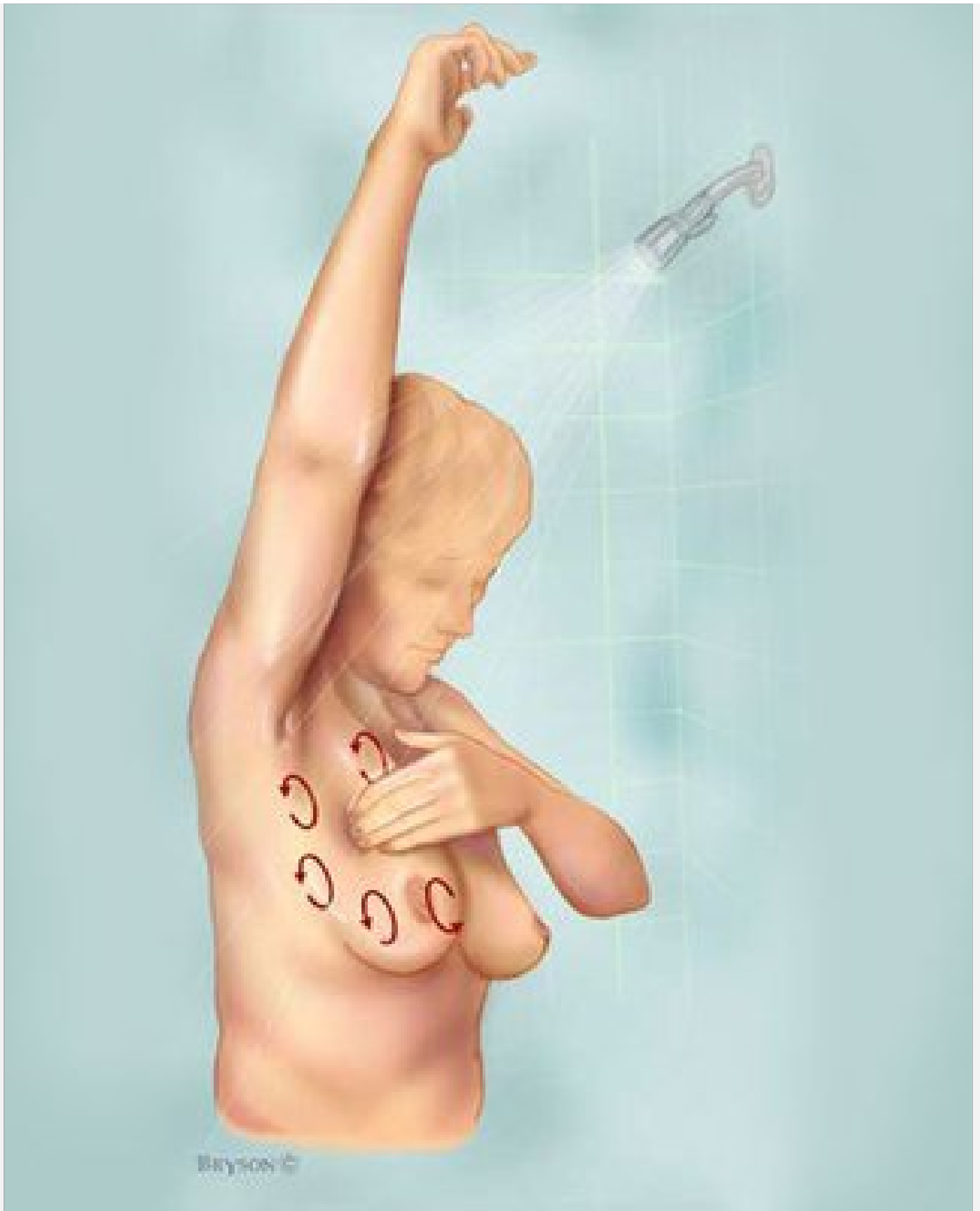
Feel your breasts. Use your right hand to feel your left breast and then your left hand to feel your right breast.

Keep your fingers flat and together. Using a circular motion, cover your entire breast from top to bottom and side to side. Move your hand from your collarbone to the top of your abdomen, and from your

armpit to your cleavage.



You may find it easier to feel your breasts when your skin is wet and slippery. If so, you can do this step in the shower.



If you feel a lump in your breast

Ask for an urgent GP appointment if:

- you feel a lump (or notice other changes) in your breast - you need to be examined right away

Most breast lumps are harmless but some can be serious.

[Breast lumps](#)

This content was supplied by breastcancer.org.

Page last reviewed: 18 September 2024

Next review due: 18 September 2027

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