

Symptoms

Breast cancer in women

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Breast cancer is the most common type of cancer in women in Ireland (excluding skin cancer).

About 1 in 7 women are diagnosed with breast cancer.

Most women diagnosed with breast cancer are over 50, but younger women can also get breast cancer.

In rare cases [men can get breast cancer](#).

There's a good chance of recovery if the breast cancer is found when it is in its early stages.

Check your breasts regularly for any changes.

Go to a GP if you have any changes or symptoms. Do this even if you had a recent mammogram that was normal.

[How to check your breasts](#)

Symptoms of breast cancer

The most important sign of breast cancer is a [breast lump](#).

Most breast lumps (9 in 10) are not cancerous. But it's always best to have them checked by a GP.

There are other signs of breast cancer.

Contact your GP if you notice:

- a new lump or area of thickened tissue in either breast
- a change in the size or shape of one or both breasts
- bloodstained discharge from either of your nipples
- a lump or swelling in either of your armpits
- dimpling on the skin of your breasts
- a rash on or around your nipple
- a change in how your nipple looks, such as becoming sunken into your breast

Breast pain is not usually a symptom of breast cancer.

[Breast pain](#)

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