

BE BREAST AWARE



Breast cancer is the most common cancer in the UK and one woman in eight will be diagnosed in her lifetime.

Early diagnosis saves lives so remember to be breast aware.

Being breast aware means becoming familiar with how your breasts may change at different times during the month and as you get older.

FOLLOW THE FIVE-POINT CODE:

1. Know what is normal for you
2. Look and feel
3. Know what changes to look for
4. Report any changes without delay to your GP
5. Attend breast screening if aged 50 or over

CHANGES TO LOOK FOR:

- A lump or thickening which is different to the rest of the breast tissue
- Continuous pain in one part of the breast or armpit
- One breast becomes larger or lower
- A nipple becomes inverted, changes shape or position
- Skin changes including puckering or dimpling
- Swelling under the armpit or around the collarbone
- A rash on or around the nipple
- Discharge from one or both nipples

At Breast Cancer Campaign, everyone can **BE PART OF THE CURE**. We are a unique community of scientists, supporters and people touched by breast cancer. Together we are Pink Science.

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