

Touch, look, check

abc
Jersey

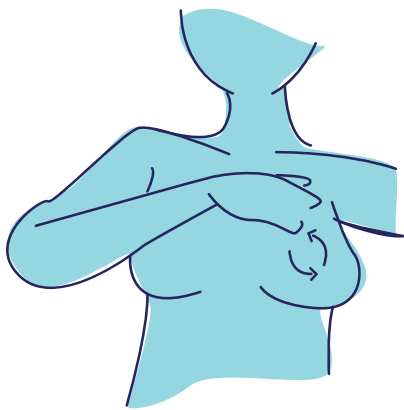
*a Brighter
Community*

Common signs of breast cancer

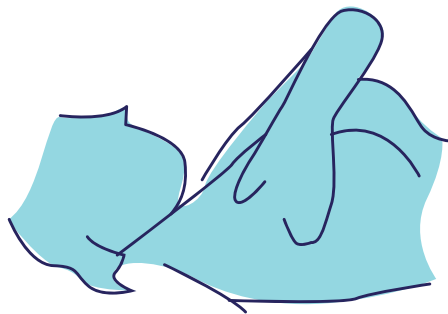
TOUCH your breasts, can you feel anything new or unusual?

LOOK for changes, does anything look different?

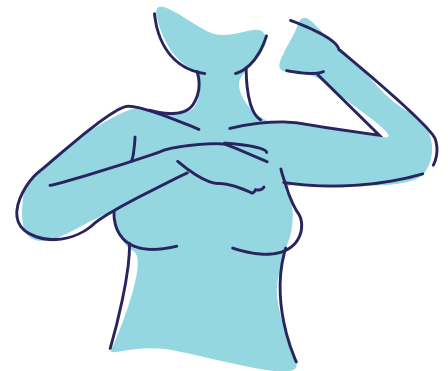
CHECK any changes with your GP



Get acquainted with your breasts. Explore doing circles for lumps or swelling



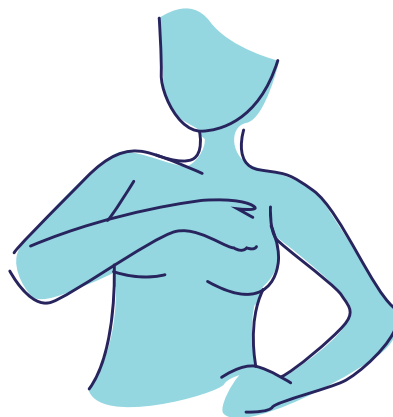
Look for a change to the skin, such as puckering or dimpling



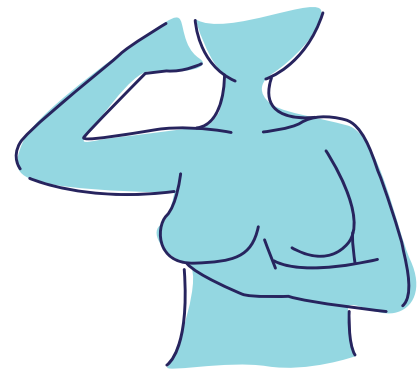
Check above breast, and also for changes in the nipple (eg: it has become pulled or inverted)



Check under the right & left arms



Look for a rash or crusting around nipple, or any unusual discharge



Check all the breast for any size changes

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