

SELF BREAST CHECK GUIDE

Everyone's breasts look and feel different. You should check your breasts regularly to be aware of anything that looks or feels different.* Try to get used to your 'normal' by doing a routine self-breast check.

Work out what's normal for your breasts

1



Sit or stand in front of a mirror with your arms by your sides, then above your head or pulled back.

3



Check for changes in shape or size of breast, lumps or swelling in your breast or armpit, or nipple changes (further information below).

2



Feel your breasts in the bath or shower, when you use body lotion or when you get dressed.

4



Remember to check all parts of your breast, your armpits, and up to your collarbone.

Breast changes may include:

- **a lump** or swelling in your breast or underarm (armpit)
- **changes** in the shape or size of the breast
- **irritation or dimpling** of your breast skin
- **pain in any area** of your breast that is unusual or ongoing
- **an indent** (puckering) in part of the breast when you lift your arms
- **a rash or red**, crusty or flaky skin in your nipple area or your breast
- **a change** in the shape of the nipple, such as it turning inwards ('inverting')
- **discharge** from the nipple, other than breast milk.

If you notice any changes in your breast that are new or unusual for you, you should see your doctor as soon as possible. Not all breast changes are cancerous.

** All content is for informational purposes and should not be relied on as health or personal advice. This guide is not intended to be a substitute for professional medical advice. Always seek the guidance of your qualified health professional with any questions you may have regarding your health.*