

Self Breast Check Guide

Getting familiar with your breasts is the key to detecting any changes. Follow these simple steps from our partners at BCNA and start today.



1 Get to know the normal look and feel of your breasts.



3 Search for new lumps, pain, irritation or anything irregular for you. This can include nipple fluid, further details below.



2 Raise your arm, and feel for any changes. Check all parts including your armpits, up to your collarbone.



4 Feel for changes while laying down and standing up.

WHEN CHECKING YOUR BREASTS, LOOK OUT FOR CHANGES LIKE:

- **A new lump** in your breast or underarm (armpit)
- **Thickening or swelling** of part of your breast
- **Irritation or dimpling** of your breast skin
- **Redness or flaky skin** in your nipple area or your breast
- **Pulling in of your nipple** or pain in your nipple area
- **Nipple discharge** other than breast milk
- **Any change** in the size or the shape of your breast
- **Pain** in any area of your breast

A gentle reminder that there's no wrong or right way to self-check your breasts! If you discover any irregular changes, be sure to contact your doctor without delay.