

Breast Self Examination

- Put your left hand behind your head.
- With the pads of your right fingertips make small circular movements to examine your left breast for anything unusual.
- At first feel lightly, checking for anything near the surface. Then press quite firmly, feeling for anything deeper.
- Continue around the breast checking all areas. Also examine above your breast, up to the collarbone and out to the armpit. Then do the same for the right side.



The Golden Rules for Breast Cancer

- 1 Attend routine breast screening if you are aged 50 and over.
- 2 Know what is normal for you.
- 3 Look at and feel your breasts regularly.
- 4 Know what changes to look for.
- 5 Talk to your doctor about any changes without delay.

Download our Free App
“Breast Aware”

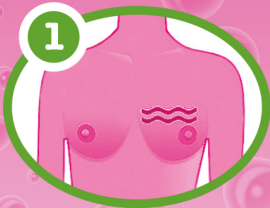
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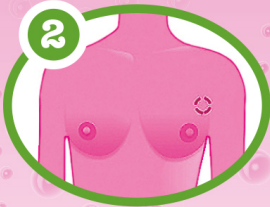
Eight warning signs to look out for!



1
A puckering of the skin of the breast.



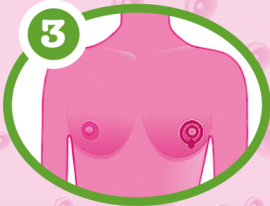
5
An unusual increase in the size of one breast.



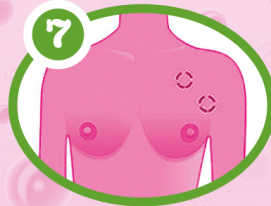
2
A Lump in the breast or armpit.



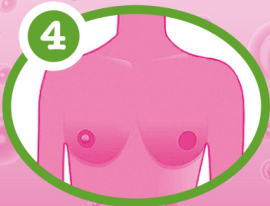
6
One breast unusually lower than the other - Nipples at different levels.



3
A change in the skin around the nipple or nipple discharge.



7
An enlargement of the glands.



4
Dimpling of the nipple or nipple retraction.



8
An unusual swelling in the armpit.