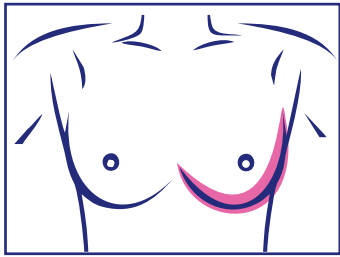
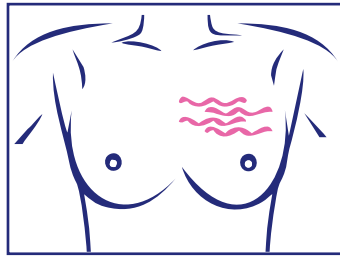


# The early signs of breast cancer

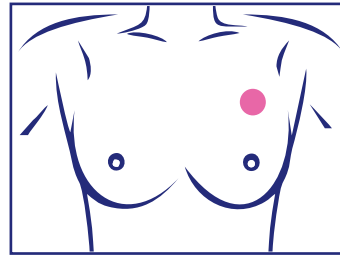
The early signs of breast cancer are shown on the chart below.



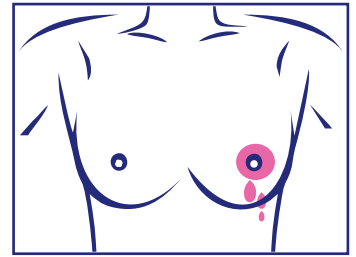
A hot, tender breast



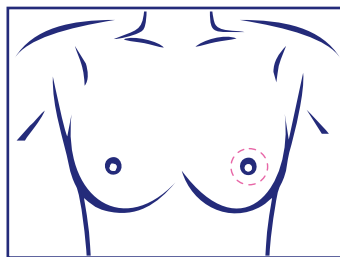
Changes in the breast's skin



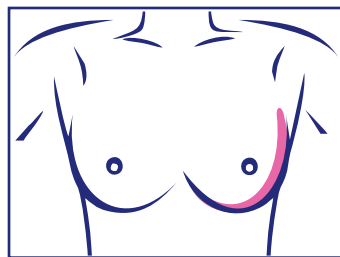
A lump or swelling in the breast



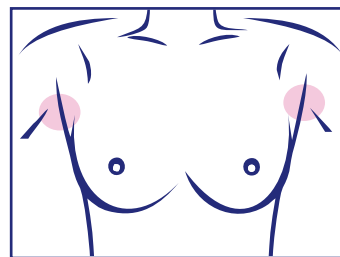
Collapsed nipple or spontaneous discharge



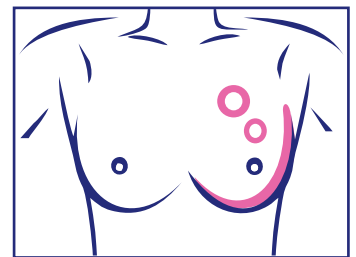
Itching round the nipple or change in skin



Change in the shape of the breast



Unusual swelling in the armpit



Specific area of pain or tenderness

## Examine your breasts

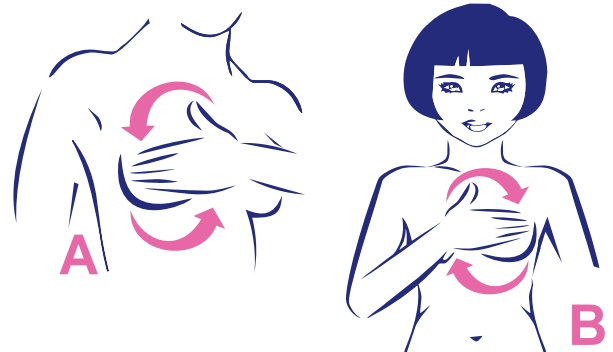
Feel for any changes in breast tissue that could feel like a thickening, or a hard lump.

Changes are more easily detected when lying down, and ideally when your hands are wet and soapy, in the bath or shower. Use the 3 middle fingers on either hand to examine the opposite breast. Here is how ....

Using light pressure, then medium then firm pressure in a circular motion on your breast, follow an up and down pattern (Diagrams A & B).

Now feel for any changes above and below your collarbone and in the area of your armpit.




Now repeat these steps on your left breast.



**IF IN DOUBT, SEEK MEDICAL HELP AND INSIST ON AT LEAST AN ULTRASOUND OR MAMMOGRAM. REGULAR SCREENING AFTER THE AGE OF 40 IS RECOMMENDED.**

Breast Cancer on your mind?®

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