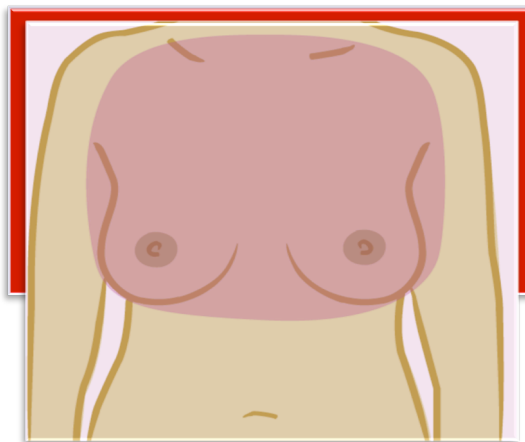


How do I check my breasts?

There's no right or wrong way to check your breasts. Just try to get used to looking at and feeling your breasts regularly. You can do this in the bath or shower, when you use body lotion, or when you get dressed. You decide what is comfortable and best for you.

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

Area to check:



What changes should I look and feel for?

Everyone's breasts look and feel different. For many women it's normal to have lumpy breasts and/or tenderness or pain around their period.

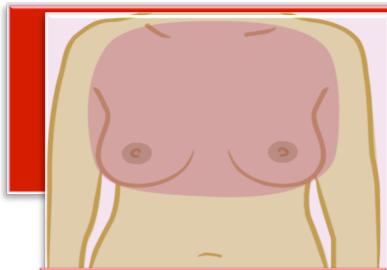
It's also common to have one breast larger than the other, or breasts that are different shapes.

When checking your breasts, try to be aware of any changes that are different for you. The illustrations overleaf show what these could be.

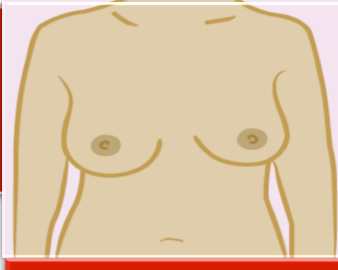
If you have any concerns after a self examination, please see your GP as soon as possible.

For further information, email info@mohs.co.uk, visit mohs.co.uk or call 0121 601 4041

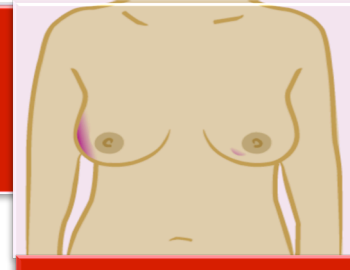
FACT SHEET



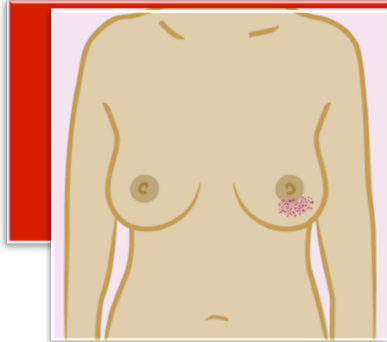
Area to be examined



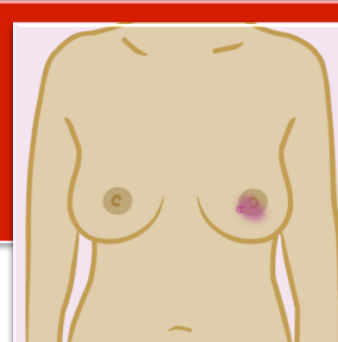
Note any changes in size or shape



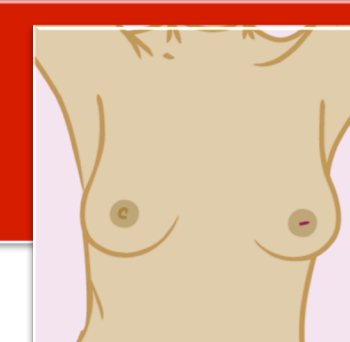
A lump or thickening that feels different from the rest of the breast tissue



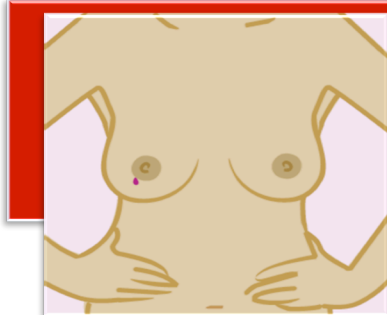
A change in skin texture such as puckering or dimpling (eg like orange peel)



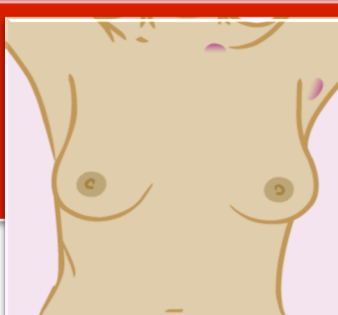
Redness or a rash on the skin and/or around the nipple (which may look like eczema)



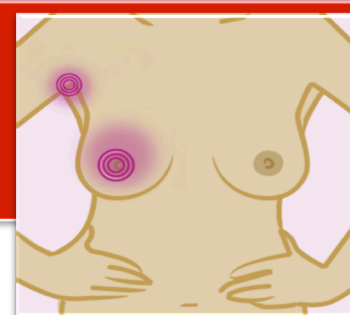
If your nipple becomes inverted (pulled in) or changes its position or shape



Discharge (liquid) from one or both of your nipples



A swelling in your armpit or around your collarbone



Constant pain in your breast or your armpit