

How to check your breasts

Get to know what's normal for you by checking once a month.



Look

Stand in front of a mirror. With your arms by your side:



Look for skin changes, like dimpling or puckering.



Look for changes to the shape or size of your breast and/or nipple.



Feel

This may be easiest to do in the shower using a warm soapy hand. If you have larger breasts, it may be easier to do lying down.

Using the flat part of your middle three fingers, feel for any lumps or changes:



Start from the nipple and move clockwise until you have covered the whole breast, armpit and collarbone.

Repeat on the other side.

**9 out of 10 breast changes are not cancer.
But if you spot a change, talk to your GP without delay.**

Contact our nurses on the Support Line
Freephone 1800 200 700
email supportline@irishcancer.ie

