

How to check your breasts

Get to know what's normal for you by checking at the same time each month.



Look for changes

Stand in front of a mirror. With your arms by your side, look for changes like:



Dimpling or puckering to your skin.



Discharge (liquid) from one or both of your nipples.



A pulled-in, sunken or flattened nipple.



A rash, flaky or crusted skin on or around the nipple.



Look for changes to the shape or size of your breasts and/or nipples.



Now do the same with your hands on your hips, tilting slightly forward.



Feel for changes

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 3 fingers, start from the nipple and move clockwise until you have covered the whole breast, armpit and collarbone. Feel for:



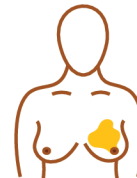
Repeat on the other side.



Lumps, thickening or changes.



Swelling.



A breast abscess (infected boil).

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

Learn all the signs and symptoms here.

