

We advise you check
your breasts regularly,
once a month.

Scan the QR code
below to watch our
'HOW TO CHECK' video!



The earlier breast
cancer is found, the
better the chance
of beating it.

Looking out for
any changes and
getting these
checked by your GP
is very important.

PREVENT BREAST CANCER

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WeArePreventBreastCancer



preventbreastcancer

**PREVENT BREAST CANCER -
OUR PURPOSE IS IN OUR NAME**

Prevent Breast Cancer Limited
Registered in England No. 4831397 | Registered Charity No. 1109839

**YOUR HANDY
POCKET GUIDE TO**

BE BREAST AWARE

prevent
breast
cancer

WHAT TO LOOK OUT FOR...



Visible lump on armpit



A lump in the breast



Dimpled or depressed skin



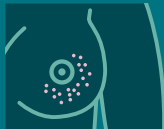
Swelling of all or part of breast



Nipple changes inversion



Redness & heat



Skin irritation or texture change



Bloody discharge

HOW TO CHECK...

We advise you check your breasts regularly, once a month. Ideally just after your period. If post-menopause, once a month at any time is fine.



Start by looking in the mirror to see what your breasts look like and so you can spot any changes



Either in the shower or lying on your bed, lift your arm above your head, to spread your breast tissue



Use the pads of your fingertips with shower gel or moisturiser



Imagine your breast is a clock face



Gently press and move around the breast tissue in small circular motions across the entire breast



Feel all around the breast, including under your arm and underneath where the underwire of your bra would sit



Make sure you check higher up, above your breast (as the 'tail' of the breast reaches up here as well)

IT'S A TWO MINUTE JOB!