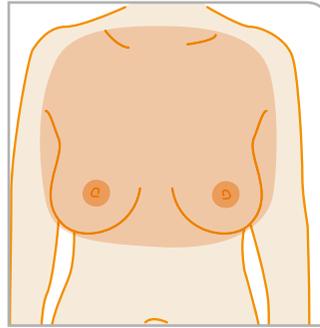
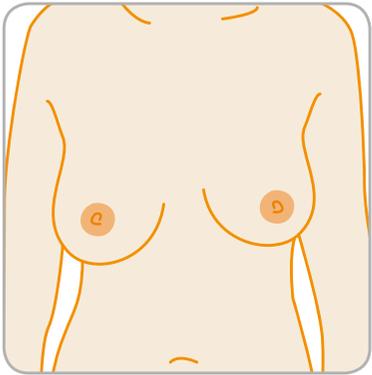


How do I **CHECK** my breasts?

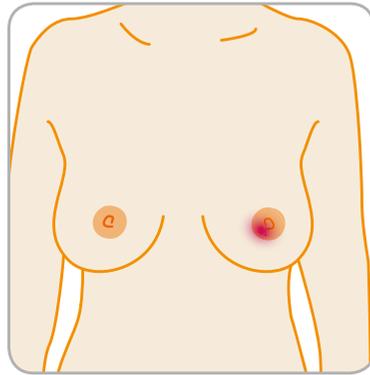


Check all parts of your breast, your armpits and up to your collarbone for **changes**.

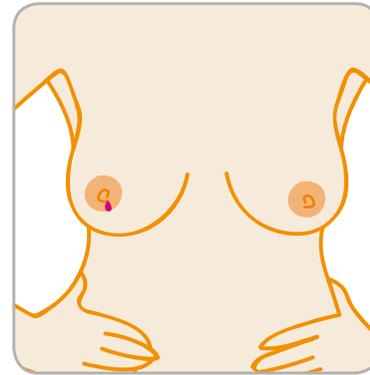
breast
cancer
care



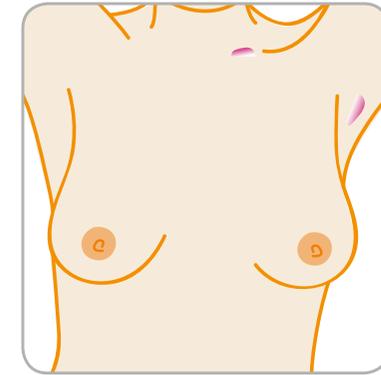
A change in **size** or **shape**



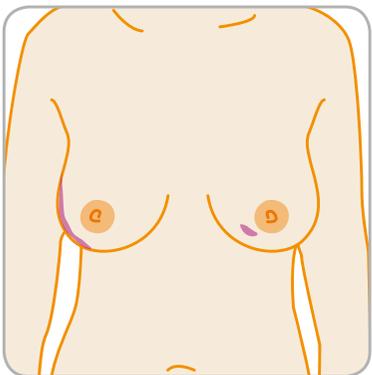
Redness or a **rash** on the skin and/or around the nipple



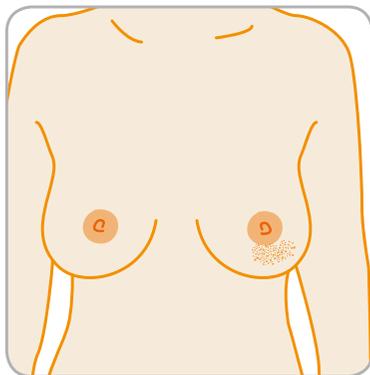
Discharge (liquid) that comes from the nipple without squeezing



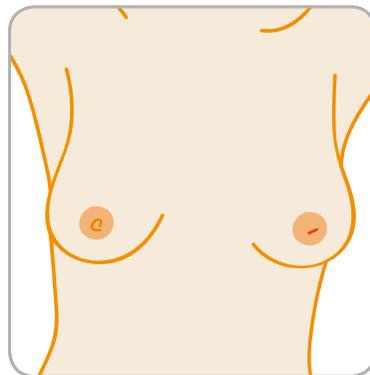
A **swelling** in your armpit or around your collarbone



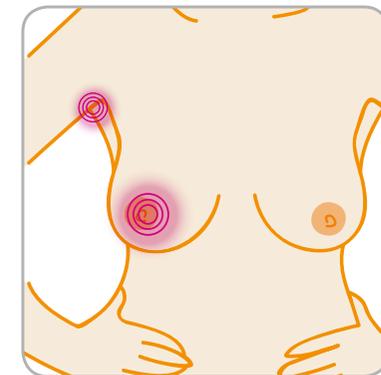
A **lump** or **thickening** that feels different from the rest of the breast tissue



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



Your nipple becoming **inverted** (pulled in) or changing its position or shape



Constant **pain** in your breast or your armpit