

## Make time for your breast health

While it's great to get good news following your mammogram, changes can occur at any stage, so it's important that you stay breast aware.

BreastCheck will contact you again in approximately two years to offer you another appointment if you are still under 65 years of age. If you have reached 65, talk to your family doctor (GP) about further x-rays. If you notice any symptoms or changes in your breasts before your next mammogram, please contact your family doctor (GP) immediately.

### Be breast aware

- Know what is normal for your body
- Know what changes you should look for.

### Changes you should look and feel for:

- Any lumps or thickening in your breast
- Skin - dimpling, puckering, or redness
- Nipple - pulled-in or flattened
- Around the nipple - rash, flaky or crusted skin
- A change in the size or shape of your breast
- Swelling in your armpit or around your collarbone
- Constant pain in one part of your breast or armpit.

**More Information:** For more breast health information, to speak to a specialist nurse, or for a free breast awareness pack call Action Breast Cancer, a programme of the Irish Cancer Society, on Freephone 1800 30 90 40.

[www.breastcheck.ie](http://www.breastcheck.ie)  
Freephone 1800 45 45 55