

Make time for your breast health

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

If you notice any symptoms or changes in your breasts, or if you are ever worried about any breast problem, go to your GP (family doctor) immediately.

Be breast aware

Women of any age can get breast cancer, but the risk increases as you get older. No matter what age you are, it is important to always be breast aware.

- Know what is normal for your body.
- Know what changes to look for.

What changes should I look and feel for?

- Any lumps or unusual thickening in your breast
- Dimpling, puckering or redness of the skin
- A nipple that appears to be pulled-in or flattened
- A rash or flaky or crusted skin around the nipple
- 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 information, Freephone BreastCheck on 1800 45 45 55 or visit www.breastcheck.ie



BreastCheck is a Government funded programme and part of the National Screening Service.

