



Checking your Breasts



This is a Plain English information leaflet.

Being breast aware

All women should be breast aware.

This means checking your breasts from time to time.

You should look out for any changes in your breasts.

The sooner you notice a change the better.

If cancer is found early, it is easier to treat.

How to check your breasts

Look at your breasts.

Touch your breasts to see what they feel like.

Know what is normal for your body.

Check all parts of your breast, your armpit and up to your collarbone.

Your collarbone is the bone you can feel between your shoulder and the bottom of your neck.

Look with your arms by your side.

Look with your arms held up in the air.

You can check your breasts in the shower or bath.

You can look in a mirror to check your breasts.

You can check your breasts when you are lying down.

Know what changes to look for.

What changes should I look and feel for?

- A change in the size or shape of your breast.
- Any lumps in your breast.
- Swelling in your armpit or around your collarbone.
- A change in the skin, for example, redness or dimpling. Dimpling means looking like an orange peel.
- A change to your nipple, for example, a rash or a change to the shape.

You should also check for any liquid or blood coming from your nipples.

- Pain that won't go away in one part of your breast or armpit.

What to do if you spot a change

If you notice any changes in your breasts, go to your GP straight away.

There are many reasons for changes in your breast. Most of them are not cancer.

You should get any change checked.

It is important that you go for breast screening if you get an appointment.

Cutting down your risks of breast cancer

- Eat healthy food and be a healthy weight.
- Take exercise.
- Do not drink too much alcohol.

More information

www.breastcheck.ie

Phone us free on 1800 45 45 55

The Irish Cancer Society gave us the picture for the front cover.



An tSeirbhís Náisiúnta Scagthástála
National Screening Service



Kerry Parents and Friends Association

