

BOOB CHECK 101

What you can do to get to know your boobs.

1 CHECK REGULARLY

This will help you get to know what's normal for you. You can use any method you're comfortable with, such as lying down in bed, standing in front of a mirror or when you're showering.

2 LOOK & FEEL

Remembering to check all parts of your breast, including your armpits, up to your collarbones and your nipples.

3 IF IN DOUBT, GET IT CHECKED OUT

Early detection is the best form of defence, so if you notice anything unusual for you, get it checked out by your doctor.



CoppaFeel! is a registered charity in England & Wales (1132366) and Scotland (SCO45970)





GETTING TO KNOW YOUR BOOBS **OR** PECS COULD SAVE YOUR LIFE.

Early detection is the best defence against breast cancer, so whatever your age or gender, getting to know your body and being aware of the signs and symptoms of breast cancer is really important. Remember that some of these changes may occur naturally within your cycle and can be perfectly normal.



LOOK

changes in skin texture
e.g. puckering/dimpling



LOOK

swelling in your armpit
or around collar bone



FEEL

lumps and thickening



FEEL

constant, unusual pain in
your breast or armpit



LOOK

nipple discharge



LOOK

a sudden change in size
or shape



LOOK

nipple inversion and
changes in direction



LOOK

a rash or crusting of the
nipple or surrounding area

IF IN DOUBT, GET IT CHECKED OUT. SPEAK TO YOUR GP TODAY.