

# KNOW YOUR BREASTS

## Being Breast Aware

To be **breast aware** means becoming familiar with how your breasts look and feel, whatever your age. Understand how your breasts may change at different times during the month (when you are menstruating) and as you get older.

**These are the changes to look for:**

- **A lump or thickening which is different to the rest of the breast tissue**
- **Continuous pain in one part of the breast or armpit**
- **One breast becomes larger or lower**
- **A nipple becomes inverted or changes shape or position**
- **Skin changes including puckering or dimpling**
- **Swelling under the armpit or around the collarbone**
- **A rash on or around the nipple**
- **Discharge from one or both nipples**

If you are concerned about any changes be diligent and visit your health care provider. If you remain concerned, you may want to see a breast surgeon as they are experts in breast changes and will likely be able to distinguish normal changes from abnormal ones.

Adapted in part from Breast Cancer Campaign  
[www.breastcancercampaign.org](http://www.breastcancercampaign.org)

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