

Know your breasts

The **5** point
breast
awareness
code is for
women of
all ages

- 1 Know what is normal for you
- 2 Know what changes to look and feel for
- 3 Look and feel
- 4 Discuss any changes with your GP without delay
- 5 Attend for breast screening when called by the National Cancer Screening Service

action 
breast
cancer



a programme of
irish cancer society

National Cancer Helpline
Freefone 1800 200 700

Look and feel for changes

- *Change* in size or shape – one breast may become larger than the other
- *Changes* in the nipple – in direction or shape, pulled in or flattened, or unusual discharge
- *Changes* on or around the nipple – rash, flaky or crusted skin
- *Changes* in the skin – dimpling, puckering or redness
- *Swelling* in your armpit or around your collarbone
- A *lump*, any size, or thickening in your breast
- *Constant pain* in one part of your breast or armpit



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Monday–Thursday 9am–7pm, Friday 9am–5pm

Email: helpline@irishcancer.ie