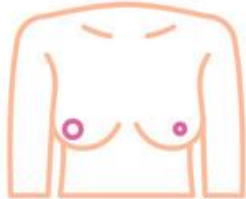


CHECK YOUR BREASTS



Constant **pain** in the breast or your armpit



The nipple becoming **inverted** (pulled in) or **changing its position** or shape



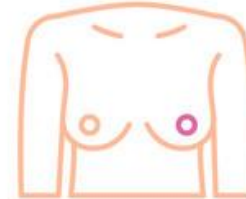
The change in **skin texture** (puckering or dimpling)



The **lump** or **thickening** that feels different from the rest of the breast tissue



The difference in **shape** or **size**



The **rash** or **redness** around the nipple on the skin



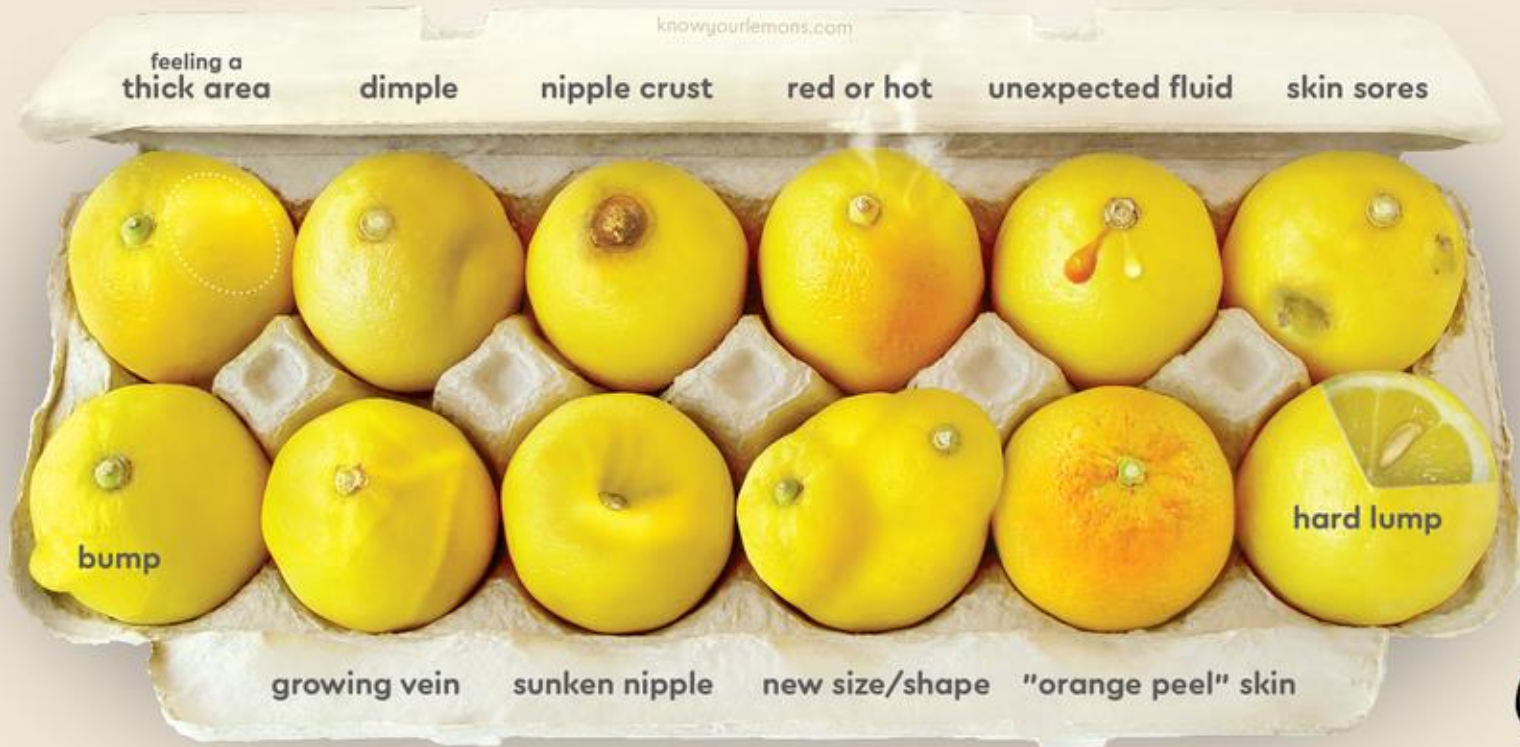
Discharge (liquid) comes from the nipple without squeezing



The **swelling** in your armpit or around your collarbone

WHAT BREAST CANCER CAN LOOK AND FEEL LIKE

Recognise something? Don't panic, some changes are normal. But if it stays around be smart—show your GP.



"A cancerous lump often feels hard and immovable like a lemon seed. It can be any shape or size".



Want information on each symptom?



knowyourlemons.com



worldwide
breast cancer

Designed by charity WorldwideBreastCancer.org, USA. Do not alter, crop or add to this image without written permission.



@knowyourlemons #KnowYourLemons



MEN

Be Chest Aware

Most men don't realise that they need to be chest aware but it is important to check yourself regularly.


Should you notice anything unusual or are worried, make an appointment to see your GP as soon as possible.

Symptoms of breast cancer in men may include:

- A lump or swelling in the chest area or armpit
- Discharge from the nipple, which may be blood stained
- An inverted nipple
- Ulcers or scores on the chest or around the nipple
- A rash on or around the nipple
- Changed in the shape or size of the breast



BREAST SCREENING

Your Local  Breast Screening Service is
Fast, Free and can diagnose breast cancer **Early**



**YOU CAN CONTACT THE BOLTON, BURY &
ROCHDALE BREAST SCREENING SERVICE AT**

**Tel: 01204 390454 or Email: BSU@boltonft.nhs.uk
Follow us on Facebook @BBRbreastscreening**

NHS breast screening could save your life.

**Don't miss your
opportunity.**

**Accept your
invitation.**



Margaret Lindenwood, 76,
cancer survivor



**1 in 3 women who get
breast cancer are over
70, so don't assume
you're past it.**

**BE CLEAR
ON CANCER**

nhs.uk/breastcancer70

**PATIENTS OVER 70 YEARS OLD CAN SELF-REFER EVERY 3 YEARS
BY CONTACTING THE BREAST SCREENING UNIT ON:
01204 390454**

