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You don't need to be an expert to check your breasts.

How to check, what to look for
and when to speak to a doctor.

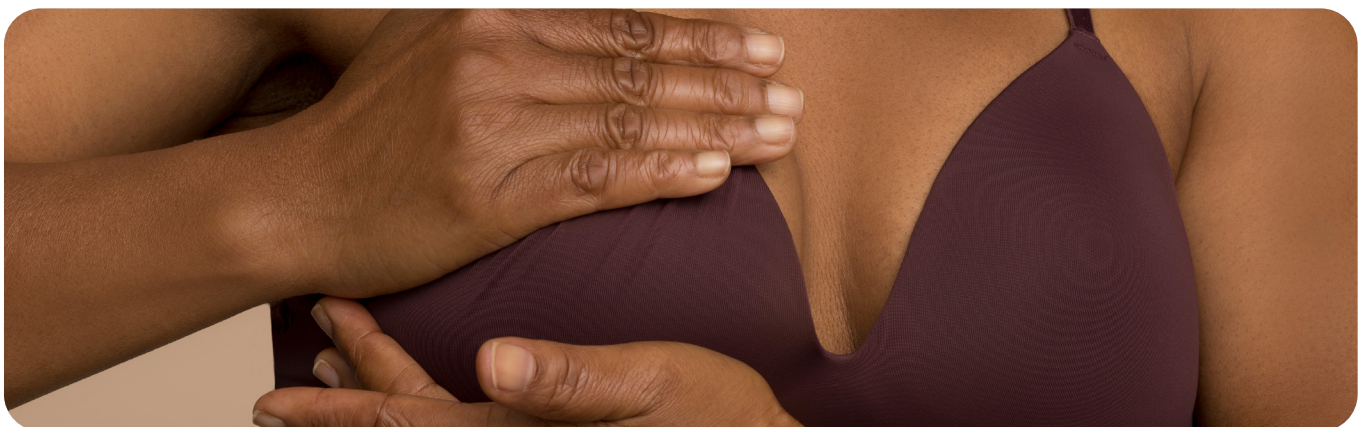


There's no right way to check.

Look in the mirror, then feel with the flat of your fingers. Check your whole breast, armpit and up to your collarbone.

Check in the shower, lying down or while getting dressed. The important thing is knowing what's normal for you.

Regular checks help you notice change.





You don't have to fix it.

Changes can affect how your breasts look or feel.

A lump or thickening in your breast or armpit.
A change in size or shape. Dimpling or puckering.
A nipple that turns in, leaks or develops a rash.
New pain that doesn't go away.

Most lumps are painless. Don't wait for something to hurt.



Found a change? Speak to your GP.

Any new change is worth discussing, even if it seems small. Most breast changes aren't cancer. If it is cancer, finding it early can make treatment more successful.

If you're invited for breast screening, go.





Nobody knows your body like you do.

If you notice a change, book in with your GP.

And if something is worrying you,
HealthHero is here to talk it through.

We're with you every step of the way.