



# ANYONE CAN GET BREAST CANCER

## Look & Feel FOR CHANGES

- Any unusual change in the shape, size or texture of one of your breasts
- Changes in skin colour or a rash around the nipple
- A nipple that has become pulled in or changed its position or shape – retraction of the nipple is normal in some women
- Puckering or dimpling of the skin. Or a lump or thickening within the breast or armpit
- Discharge from one nipple or both
- Constant pain in one part of the breast

### REMEMBER

Check your breasts...  
Same day every month!

9 out of 10 breast lumps  
are NOT cancerous!

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Find out more!