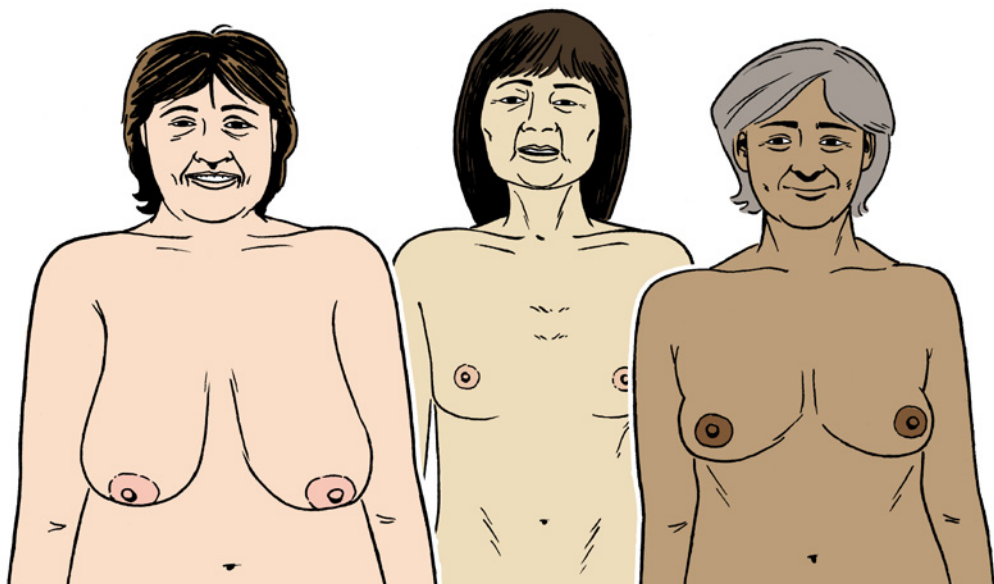


Breast cancer

Know your symptoms



#becancersafe



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 **CANCER
SAFE**

Screening, Awareness, Fast, Early

Developed for South Yorkshire, Bassetlaw and North Derbyshire Cancer Alliance

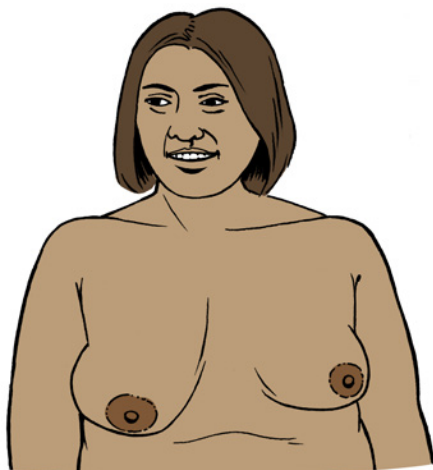
Breast cancer

Know your symptoms



The signs of breast cancer are:

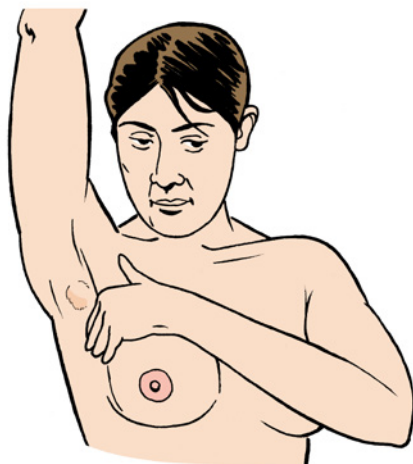
- A lump in either breast that was not there before



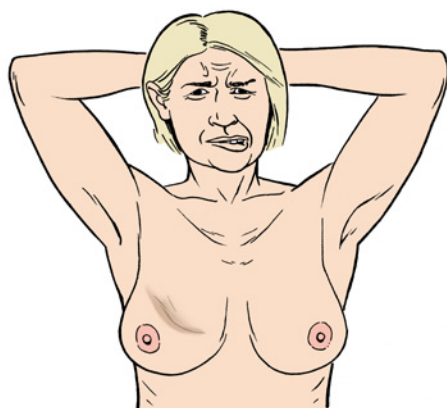
- A change in the size or shape of either breast



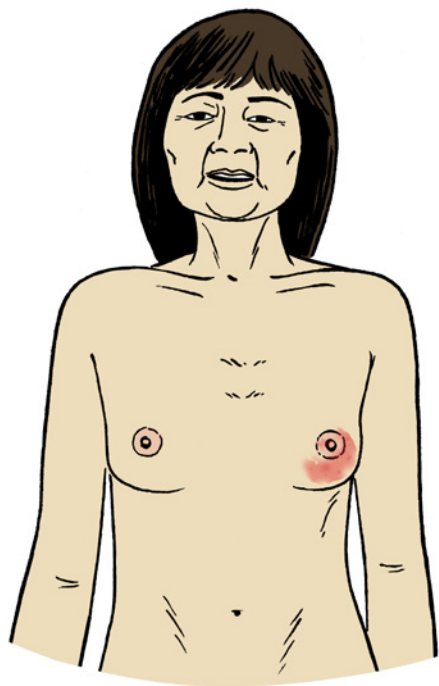
- Bloodstained discharge from either nipple



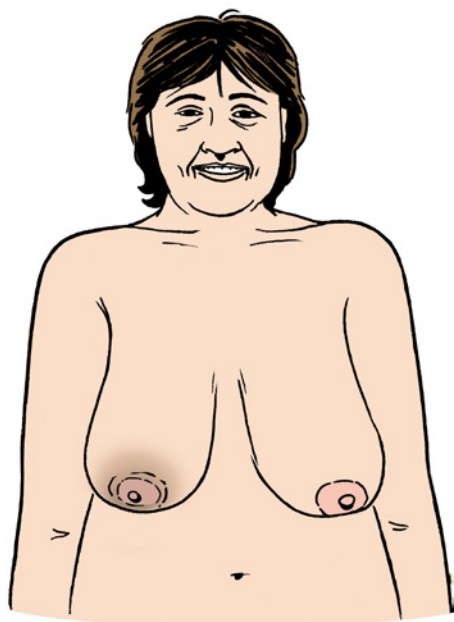
- A lump or swelling in either armpit



- Dimpling on the skin of your breasts



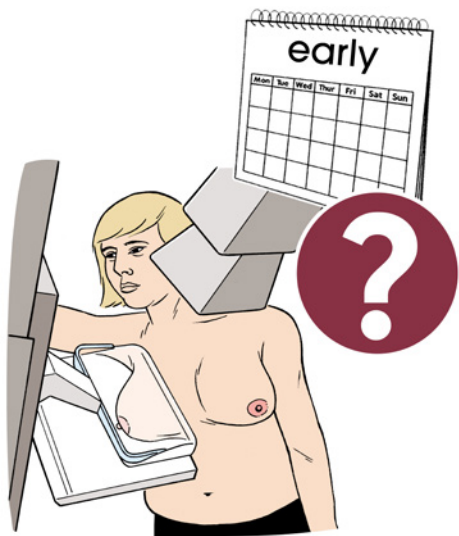
- A rash on or around your nipple



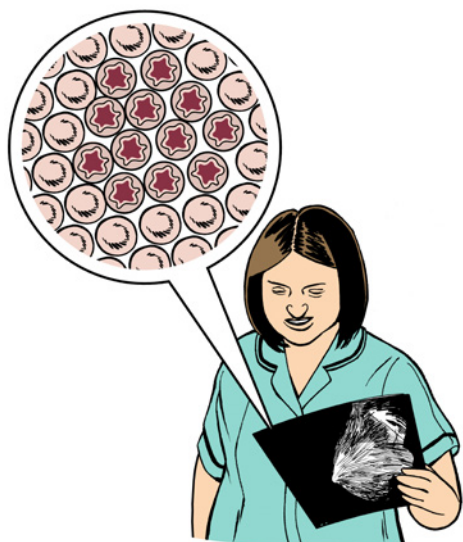
- A change in the way either nipple looks.

For example it might look like it has sunk into your breast.

Screening



A breast cancer screening is a test to try and find breast cancer early.

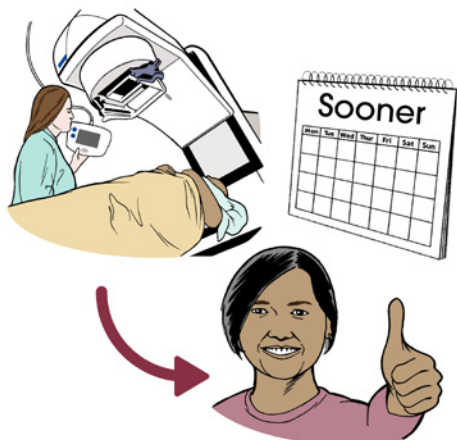


The test uses X-ray to see cancers when they are too small to see or feel.

The test is called a mammogram.



Women who are aged 50-70 and are registered with a GP are invited for screening every 3 years.



The sooner breast cancer is found the more likely you will survive it.



This is why it is important to go your screening when you are invited.

Checking your breasts

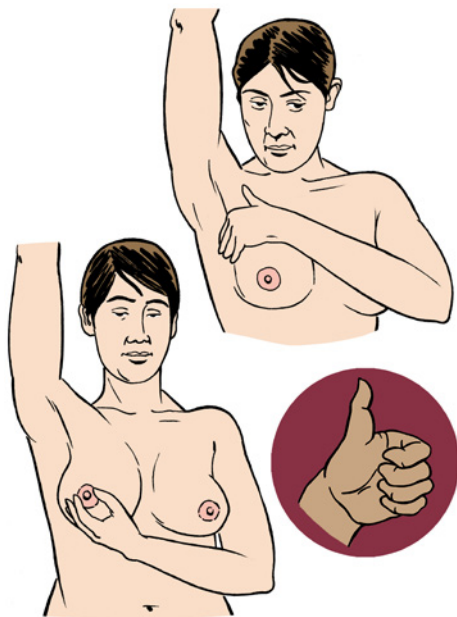


Look at and feel your breasts so you know what is normal for you.



Try to get used to looking at and feeling your breasts often.

You could do this when you are in the bath or shower, using body lotion or getting dressed.



You don't need to feel your breasts in any special way.

Just remember to check all parts of your breasts, your armpits and up to your collarbone.



Tell your doctor as soon as possible if you notice a change.