

Breast Cancer Now's TLC campaign

Even if you've had a mammogram, it is still vital that you check your breasts for any changes and visit your doctor if you spot anything that looks or feels different for you. It's as simple as TLC.

TOUCH your breasts. Can you feel anything unusual?

LOOK for changes. Is there any change in shape or texture?

CHECK anything unusual with your doctor.

Changes to check for

Lump - may not be seen, but might be felt.

Can you feel a lump?

Either in the breast, upper chest or armpit?

Is there a lumpy area?

Or unusual thickening of the breast tissue that doesn't go away?

Is there any unusual pain?

Either in part of the breast or the armpit?

Skin texture

e.g. dimpling or puckering

Any change in size or shape?

For example, one breast might become larger or lower than the other.

Any change in colour?

E.g. the breast may look red or inflamed.

Any change in skin texture?

Such as puckering or dimpling of the skin of the breast.

Appearance or direction of the nipple

What about the appearance or the direction of the nipple?

E.g. one might become inverted (turned in) when it normally points out.

Nipple discharge

Any unusual discharge?

One or both nipples might have a discharge.

Rash or crusting

Any rash or crusting of the nipple or surrounding area.