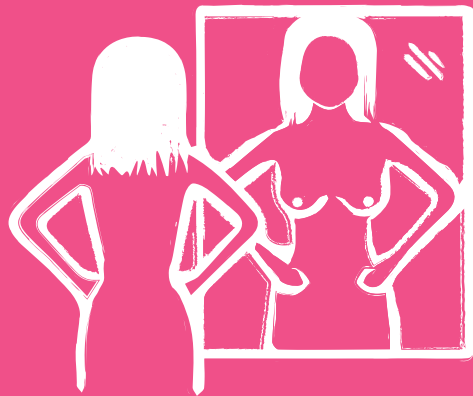


# check your boobs

this Breast Cancer Awareness Month



*take a look!*

Look at them in the mirror, both standing with your arms by your side, and also with them raised.



Feel each breast and the area around it up to your armpits and collarbone. Use the pads of your fingers rather than the tips.



Some people find it easier to check in the shower with soapy hands.



Do a check lying down. Put your left hand behind your head and check your left boob and repeat on the other side.

## Look out for:

Changes to the size, outline or shape of the breast or nipple, and the look or feel of your skin such as dimples, orange peel texture, sores or growing veins.

Any new lumps, thickening or a bumpy area in the breast or armpit, feelings of heat, an unexpected rash, fluid or bleeding, discomfort or pain.

[tenovuscancercare.org.uk/breastcheck](http://tenovuscancercare.org.uk/breastcheck)

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