

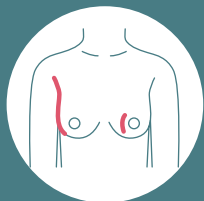
# Here at Little Lifts we want you to GET TO KNOW YOUR BREASTS!

little lifts

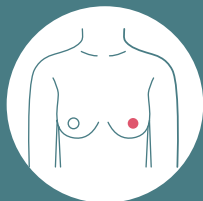
for people affected by  
breast cancer

No matter your age, sex or gender it is important to check your breast and chest area regularly. Ensure you check (touch, look and check), all parts of your breast, your armpits and collarbone for any changes. If you notice or feel anything unusual speak to your GP as soon as possible.

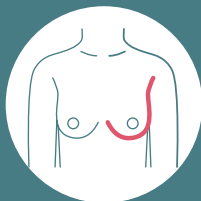
## KNOW THE SIGNS OF BREAST CANCER



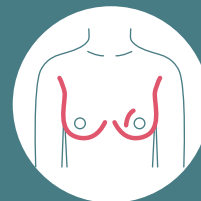
A lump or swelling  
in the breast, upper  
chest or armpit.



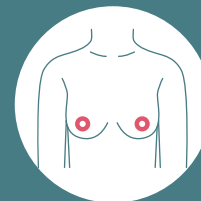
An inverted nipple  
(turning inward).



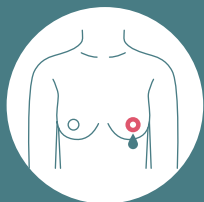
Changes to the skin  
such as puckering  
or dimpling.



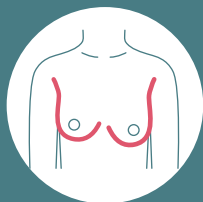
Changes in colour of the  
breast such as redness  
or it looks inflamed.



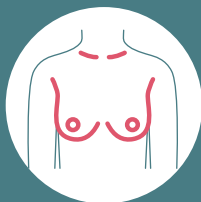
A rash or crusting  
around either nipple.



Unusual discharge  
from either nipple.



Changes in size and  
shape of the breast.



Constant breast or nipple  
pain, including into the  
armpit and collar bone.

### FOR MORE INFORMATION

about the signs and symptoms of  
breast cancer, and how to self-check, visit:

**Breast Cancer Now**  
**Cancer Research UK**  
**CoppaFeel!**

[littlelifts.org.uk](http://littlelifts.org.uk)

