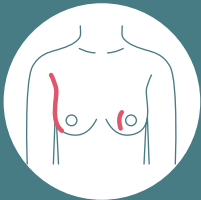


# Here at Little Lifts we want you to GET TO YOUR KNOW BREASTS!

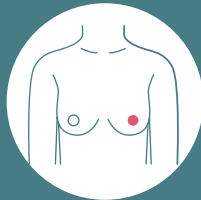
little lifts  
for people affected by  
breast cancer

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.

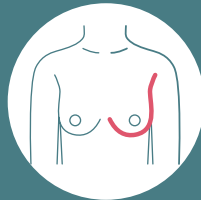
## KNOW THE SIGNS OF BREAST CANCER



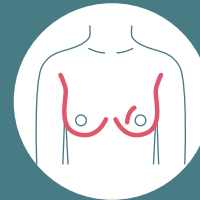
A lump or swelling in the breast, upper chest or armpit.



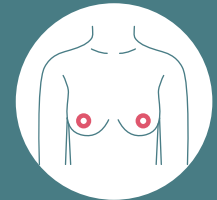
An inverted nipple (turning inward).



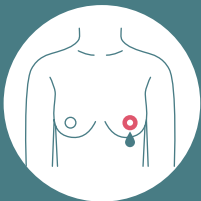
Changes to the skin such as puckering or dimpling.



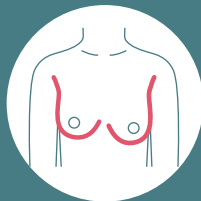
Changes in colour of the breast such as redness or it looks inflamed.



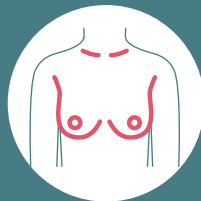
A rash or crusting around either nipple.



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)

