



The Breast Health Practice GenesisCare, Milton Keynes

Swift, reassuring, professional.

A guide to self-examination

Take care of your breasts

Breast cancer is the most common cancer in women in the UK.

It is therefore very important that you check your breasts regularly so you can understand any unusual changes happening and can take early action.

Changes to your breasts can be the result of many factors and do not always mean you have breast cancer. However the earlier your diagnosis, the more effective treatment can be.

If you do notice a change in your breasts even if there are no other symptoms, we recommend you talk to a health professional as soon as you can.

Breast cancer also affects men, but it's rare – around 340 men are diagnosed each year in the UK. It is therefore important that men also self-check and are aware of any changes in their breast tissue.

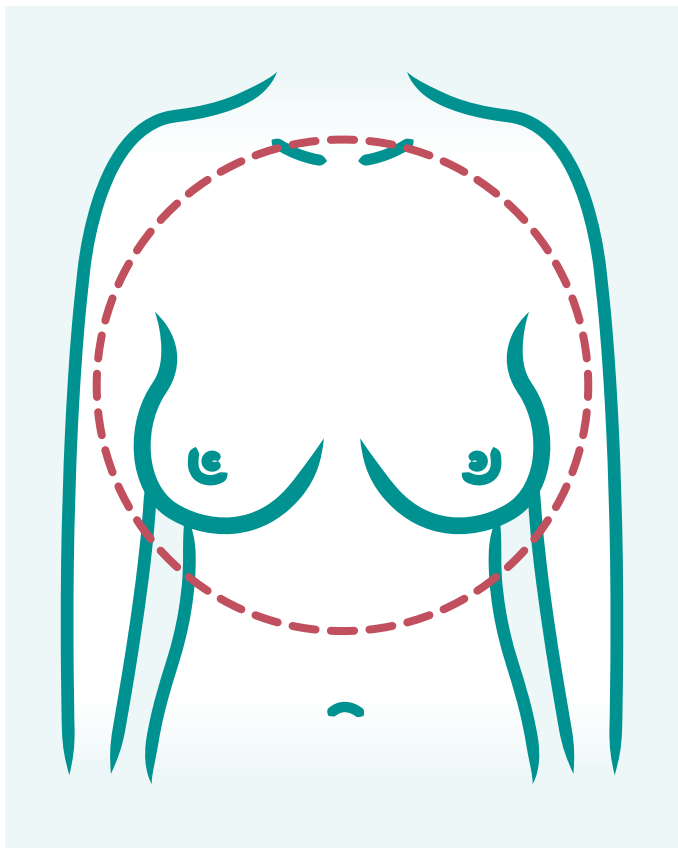
Check them

Breasts come in all shapes and sizes. No matter what yours are like, it is important that you check them regularly.

Why not incorporate a breast check into your usual routine, perhaps when you are in the bath or shower, or applying body lotion - whatever suits you best.

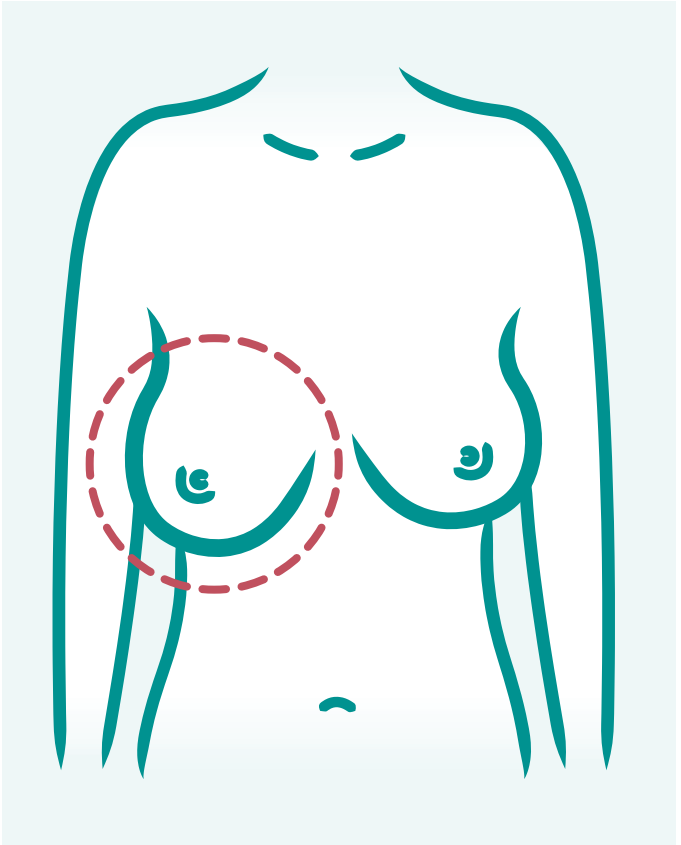
This guide offers some hints and tips to help you.





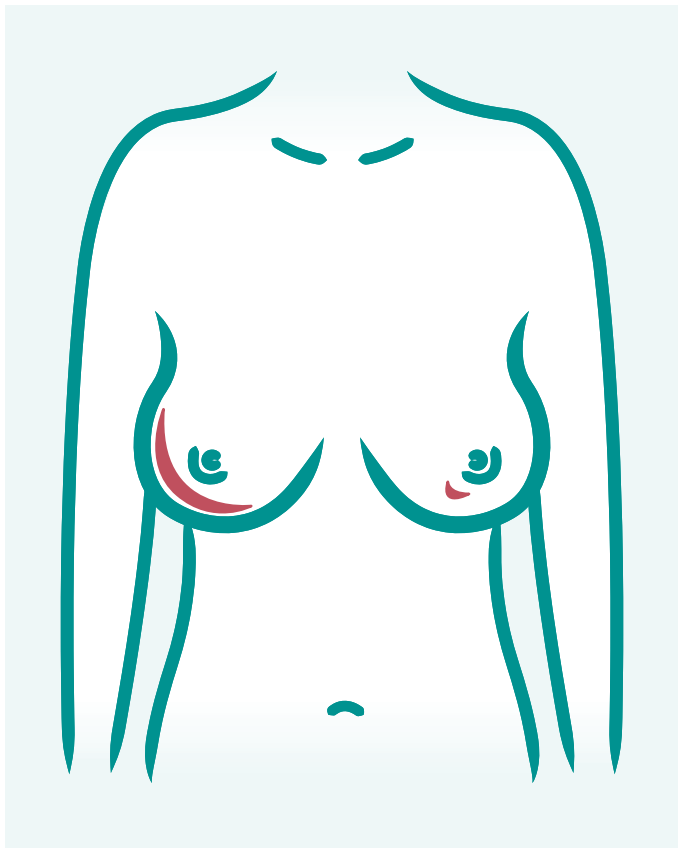
Tip 1

Check all parts of your breast, your armpits and up to your collarbone for any changes.



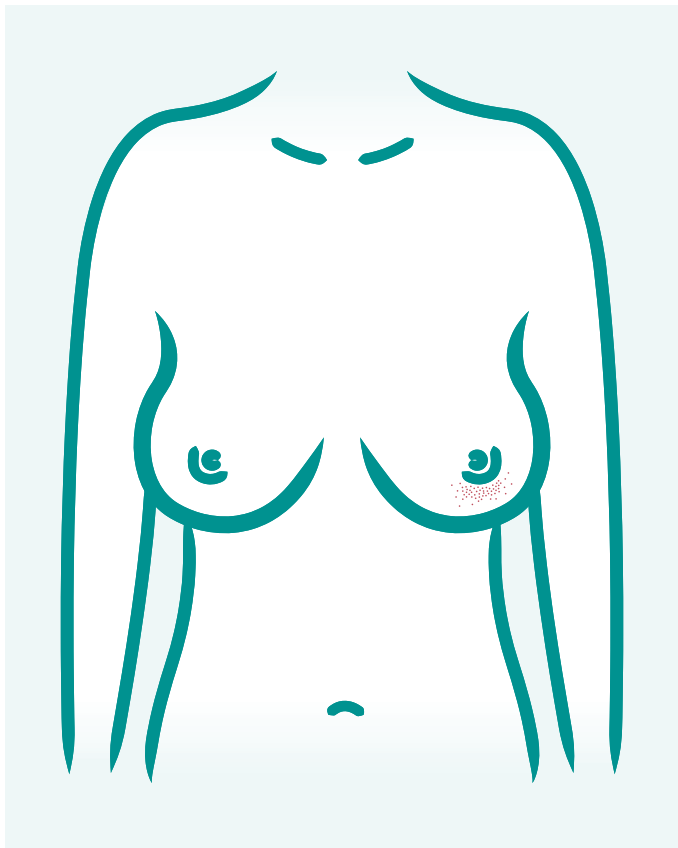
Tip 2

Look for any change
in size or shape.



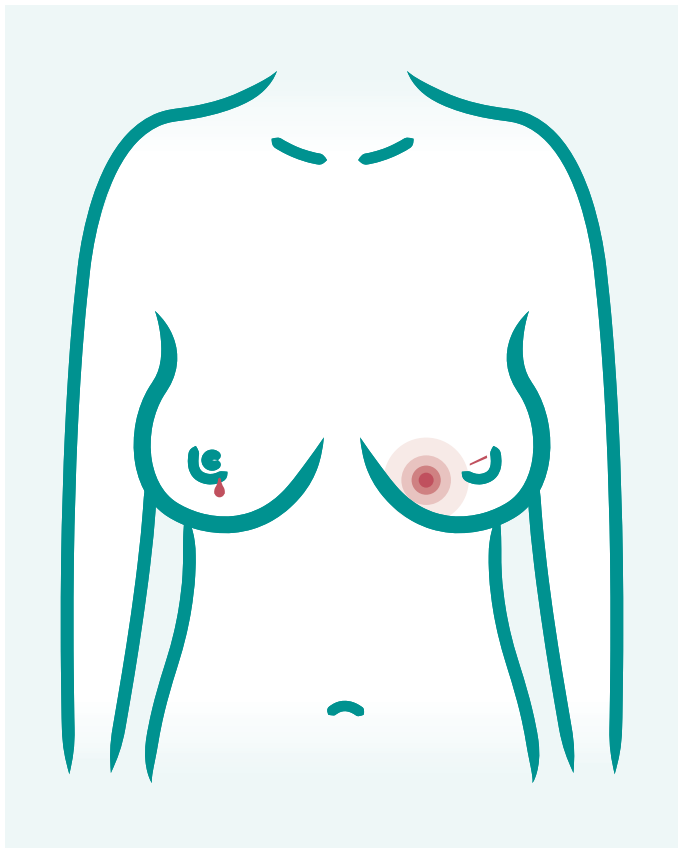
Tip 3

Check for a lump or thickening that feels different from the rest of the breast tissue.



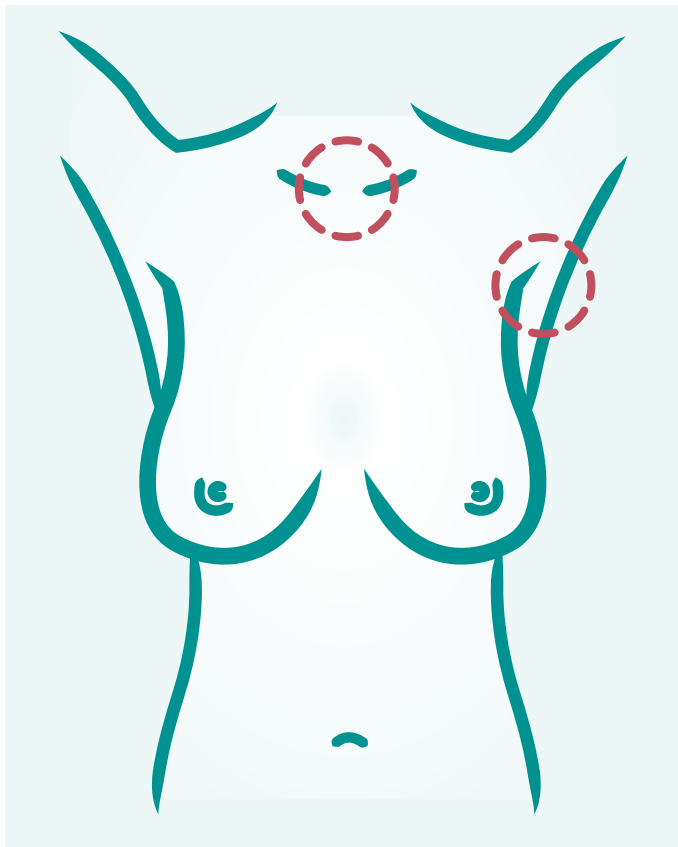
Tip 4

Is there a change in the texture of your skin e.g. dimpling or puckering?



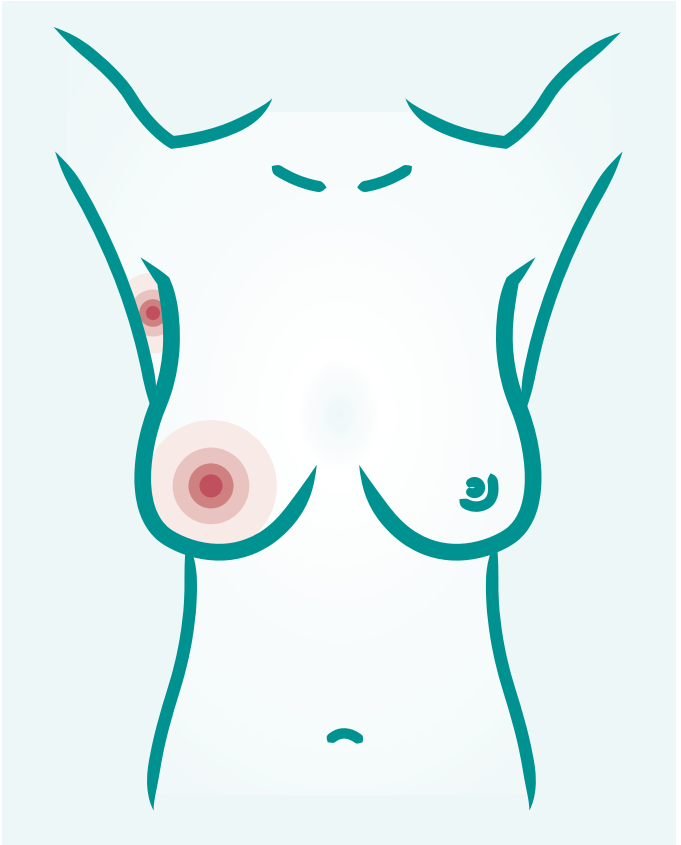
Tip 5

Look for your nipple becoming inverted, changing shape or any discharge.



Tip 6

Is there any swelling in your armpit or collarbone areas?



Tip 7

Is there constant or regular pain in your breast area or armpit?

Changes to your breasts can be the result of many factors and do not always mean you have breast cancer.

However the earlier your diagnosis, the more effective treatment can be.

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