

KNOW YOUR BREASTS

BEFORE WE BEGIN

It's important to pay attention to your breasts. If you do notice changes, see your doctor as soon as possible.

Be Breast Aware – signs and symptoms to look for:

- **lumps** or thickening in or near your breast and armpit
- changes to the **size** or **shape** of your breast and/or nipple
- changes to the **skin** of your breast and/or nipple
- unusual **pain** in the breast area

Anyone can get breast cancer. Man or woman. Young or old. So, pay regular attention to your breasts – it could save your life.

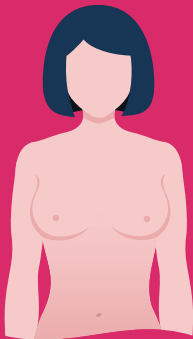
Let's get started.

EARLY DIAGNOSIS CAN SAVE YOUR LIFE

1. Be Breast Aware

Look at yourself.

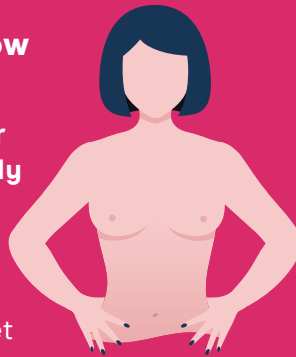
Whether you're a woman or a man, it's important to be familiar with your breasts. You need to know how your breasts normally look and feel, so that if something changes – such as a new lump or a change in shape or colour – you can get it checked out quickly by your doctor.



2. Get to Know Your Breasts

Know how your breasts normally look and feel.

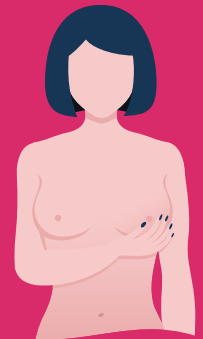
You have opportunities every day to 'get to know' your breasts. Pay attention to how your breasts normally look and feel when you're showering, getting dressed, using body lotion or looking in the mirror. You don't need to use a special technique, you just need to feel all parts of your breast, including your armpit and up to your collarbone.



3. Signs to Look Out For

Don't ignore changes.

If you feel a lump or thickening of a breast – get checked out immediately. If you notice any changes to the shape or size of one of your breasts, or the colour of one of your nipples – get it checked out by a health professional.



Early diagnosis can save your life.

IMPORTANT TO REMEMBER

- Look at and feel your whole breast area – this includes your breasts, armpits and up to your collarbones
- If you have a strong family history – talk to your doctor
- Breast cancer affects women at every age – young women can also be diagnosed
- Men can get breast cancer too
- Breast awareness does not replace mammograms and other screening tests
- It is recommended that all women aged 50–74 years attend regular screening mammograms every two years. These are provided for free by BreastScreen Australia

Please note that this guide should not replace medical advice. You should see your doctor and discuss what is the best approach for you.