

Breast cancer

Know your symptoms



- A lump or area of thickened tissue in either breast that was not there before
- A change in the size or shape of one or both breasts
- Bloodstained discharge from either of your nipples
- A lump or swelling in either of your armpits
- Dimpling on the skin of your breasts
- A rash on or around your nipple
- A change in the appearance of your nipple, such as becoming sunken into your breast

If you experience the above symptoms don't wait for screening, make an appointment with your GP as soon as possible.

Source: NHS Choices 2018



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Developed by South Yorkshire, Bassetlaw and North Derbyshire Cancer Alliance

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Screening, Awareness, Fast, Early

Screening

Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they are too small to see or feel.

Women who are aged 50-70 and are registered with a GP are automatically invited for screening every three years.

The earlier the condition is found, the better the chances of surviving it so it's important to attend screening when invited.

Checking your breasts

Look at and feel your breasts so you know what's normal for you

Try to get used to looking at and feeling your breasts regularly – for instance, when you are in the bath or shower, using body lotion or getting dressed.

You don't need to feel your breasts in any special way.

Remember to check all parts of your breasts, your armpits and up to your collarbone.

Tell your doctor as soon as possible if you notice a change.



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