

Did you know...

- Every year around **55,000** people are diagnosed with breast cancer in the UK.
- Just over **10,000** women are diagnosed with breast cancer under the age of 50 every year in the UK.
- **1 in 8** women and **1 in 870** men will develop breast cancer in their lifetime in the UK.
- There are around **36,000** people with secondary breast cancer in the UK.



Find out more...

Breast Cancer Care
Helpline: 0808 800 6000
Visit: breastcancercare.org.uk

Breast Cancer Now
Email: Tickled.Pink@breastcancernow.org
Call: 0333 207 0300
Visit: breastcancernow.org



COMMUNITY00543

be
your
breast
friend



Breast cancer is the most common cancer in the UK. That's why we want to encourage women to get into the habit of checking their breasts.

Make your
pledge to
check!

Visit: asda.com/tickled-pink

A guide to checking yourself

Go on, have a good look! Check your breasts today.

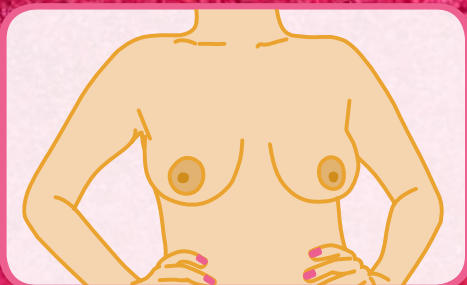
Here's a handy guide on some of the ways you can check your breasts. It's all about understanding what's normal for you.

You can check anywhere you feel comfortable and there's no right or wrong way to check. In the shower, in bed, getting dressed, it's all about what works for you. Just make sure to check regularly and know what signs and symptoms to look out for.

Most breast changes are likely to be normal or due to a benign (not cancer) breast condition rather than being a sign of breast cancer, but if you do notice a change then it's important to see your GP as soon as you can.

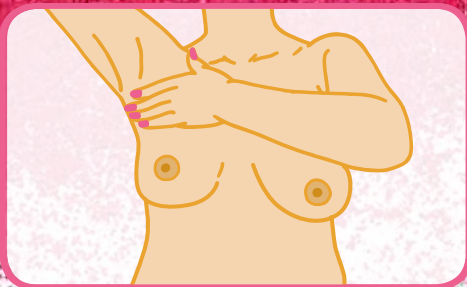
For more breast health information please visit:

www.breastcancernow.org
www.breastcancercare.org.uk



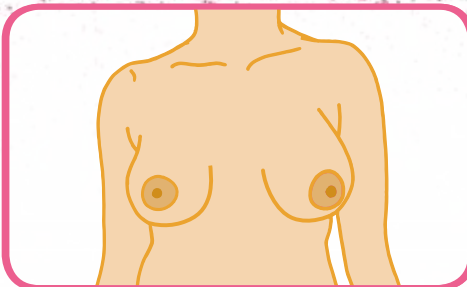
How should I check?

Whether it's in the shower, in front of the mirror, standing up or lying down, get comfortable. Take a look and see if there are any unusual changes.



What can you feel?

Are there any unusual lumps, any area that feels different from the rest of the breast, any unusual pain or swelling? Check across your entire breasts, including the collarbone and into your armpit.



What can you see?

Any discharge, redness or rash around the nipple? Is there any change in position or has it become pulled in? What about the texture of your skin – any puckering or dimpling? Is there any change in the size or shape of either breast?

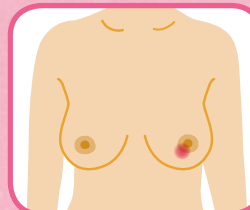
Remember to check regularly

Make this part of your regular routine. And if you do spot anything unusual, get it checked out by your GP as soon as possible. Spotting something doesn't necessarily mean it's breast cancer, but it's best to get it checked.

Know the signs and symptoms

Redness or a rash on the skin and/or around the nipple

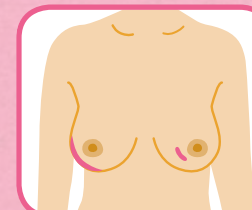
Not every symptom will be cancer – visit www.breastcancercare.org.uk or www.breastcancernow.org for more information and support if you're worried.



A lump or thickening

that feels different
from the rest of the
breast tissue

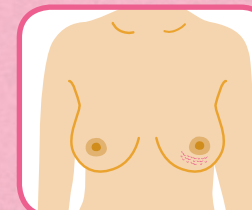
There's no right or wrong way to check your breasts. It's about looking and feeling regularly, so any changes can be spotted quickly.



A change in skin texture

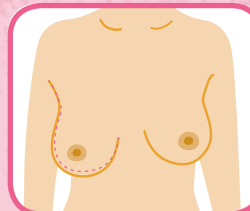
such as puckering
or dimpling (like
orange skin)

It's not just a lump – other symptoms can include an inverted nipple or change in the texture of the skin.

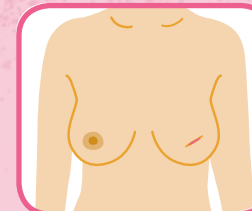


A change in size or shape

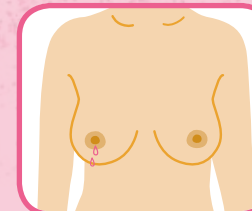
Knowing the signs and symptoms of breast cancer can help save lives.



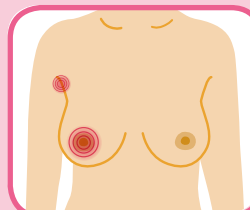
Your nipple becoming inverted (pulled in) or changing its position or shape



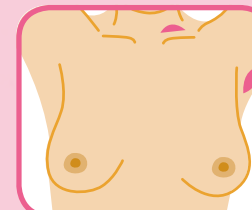
Discharge (liquid) from one or both of your nipples



Constant pain in your breast or your armpit



A swelling in your armpit or around your collarbone



Be your breast friend & check yourself!

