

Know Your Normal

A two-minute guide to checking your breasts.

The most important thing you can do for your breast health is simple: get to know what's normal for you, so you'd notice if something changed. It takes about two minutes. This is general information, not medical advice, if you notice any change, please see your GP.

bodycurve.co.uk · 0330 124 4780 · Mon–Sat, 7:30am–7pm



The check: Touch, Look, Check



Touch

Feel your breasts, and up into your armpits and collarbone. Get to know how they normally feel. The shower is an easy place to start.



Look

Look in the mirror, arms by your side, then raised above your head. Get to know their normal shape and appearance.



Check

Noticed anything new or different? Don't wait. Make an appointment to see your GP.

What to look and feel for

- A new lump or thickening, in the breast or armpit
- A change in size, shape or feel
- Skin changes: dimpling, puckering, redness or a rash
- Nipple changes: a nipple turning inwards, discharge, or a rash or crusting
- A change in the position of a nipple
- New or persistent pain (less common, but worth checking)



Most changes are not cancer.

But if something is new or unusual for you, don't sit on it. Get it checked. Finding anything early makes a real difference, and your GP would always rather see you.

Don't forget screening

In England, women aged 50 to 71 are invited for NHS breast screening every three years. It's an important check, but it doesn't replace getting to know your normal in between. If you're over 71 you can still ask for screening.

It's not just women

Men can get breast cancer too, though it's rare. The same rule applies to everyone: know your normal, and get any change checked.

Where to get support and information



NHS
[nhs.uk/conditions/
breast-cancer](https://nhs.uk/conditions/breast-cancer)



Breast Cancer Now
breastcancernow.org



CoppaFeel!
coppafeel.org



This October,
we're proud to
support Prevent
Breast Cancer

preventbreastcancer.org.uk

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Confidence, on your terms.

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