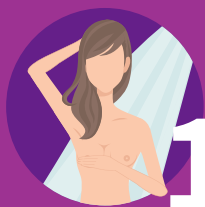
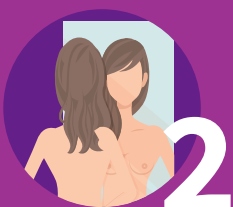


# Once a month . . . Examine your breasts



In the shower



In front of  
a mirror



Lying down

## Check for changes in your breasts and nipples

With one hand behind your head, using the pads of your fingers, move around your breast in a circular pattern from outside to centre. Check the breast and armpit, and squeeze your nipples, looking for any discharge or lumps.

Swelling  
in your  
armpit or  
around your  
collarbone

A lump or  
thickening  
of the breast  
tissue

A change in  
shape  
or size

Constant  
pain in your  
breasts or  
armpits

Any  
redness,  
rash or  
'orange peel'  
effect on the  
skin

Any  
discharge  
from one or  
both of your  
nipples

Your nipple  
becomes  
inverted

Your nipple  
changes its  
position or  
shape

Most breast changes are not due to breast cancer. However if any of these symptoms are experienced, it is important that they are discussed with your doctor.

breast cancer  
care WA



**Early detection of breast cancer  
increases the chances of successful  
treatment and ultimately, survival.**

Breast Cancer Care WA provides specialist breast care nursing, counselling and financial support to West Australians affected by breast cancer FREE of charge.

[www.breastcancer.org.au](http://www.breastcancer.org.au)  
(08) 9324 3703



Four Western Australians are diagnosed every day with breast cancer.

**Give this card to someone  
you care about so they too,  
can be breast aware**

If you have received this card  
and would like your own FREE  
breast check guide, please visit  
[www.breastcancer.org.au](http://www.breastcancer.org.au)

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