

**Love your breasts**  
**Be breast aware**

**TLC**

**TOUCH  
LOOK  
CHECK**

**breast cancer**  
**now**

[breastcancernow.org/tlc](https://breastcancernow.org/tlc)

**Find out about the signs and  
symptoms of breast cancer**

# Be breast aware

OK, for many people, it's a subject they'd rather avoid thinking about.

But it's important that you do.

Most cases of breast cancer are found by women noticing unusual changes, taking the initiative and visiting their doctor. The earlier breast cancer is found, the better the chance of beating it – so you can see how important it is to make regular checks.

**Being breast aware simply means knowing what your breasts look and feel like normally, being on the lookout for any unusual changes and getting them checked out by your doctor.** Lumps are vital to look out for – but there can be other important signs too. And even if you do find a lump, in most cases they turn out not to be cancerous. So stay calm – remain in control.

## It's as simple as TLC...

**Touch** your breasts. Can you feel anything unusual?

**Look** for changes. Is there any change in shape or texture?

**Check** anything unusual with your doctor.

**No one knows your body better than you and everyone will have their own way of touching and looking for changes – there's no special technique and you don't need any training.**

It's good to get into the habit of doing this regularly – maybe when you're in the bath or shower, or while getting dressed in the morning. You might prefer to do it while standing up or lying down. Either way, the important thing is to be familiar with how your breasts look and feel normally, so you notice anything unusual – and remember to check the whole breast area, including your upper chest and armpits.

Changes to check for

# Touch Look Check

## TOUCH

- Can you feel a lump? Either in the breast, upper chest or armpits.
- Is there a lumpy area? Or unusual thickening of the breast tissue that doesn't go away?
- Is there any unusual pain? Either in part of the breast or the armpit.

You may normally feel breast tissue changes or pain before or during your periods. This is why it's important to check your breasts regularly so you get to know how they look and feel at different times of the month, and can notice any changes that are unusual for you.

## LOOK

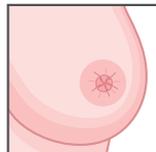
- Any change in size or shape? e.g. one breast might become larger or lower than the other.
- Any change in skin texture? Such as puckering or dimpling of the skin of the breast.
- Any change in colour? e.g. the breast may look red or inflamed
- What about the appearance or direction of the nipple? e.g. one might become inverted (turned in) when it normally points out
- Any unusual discharge? One or both nipples might have a discharge.
- Any rash or crusting? Of the nipple or surrounding area.



Lump – may not be seen, but might be felt



Skin texture e.g. dimpling/puckering



Appearance or direction of nipple



Rash or crusting

## CHECK

- Is anything unusual? If so, get it checked out by your doctor as soon as possible.



Nipple discharge

## You're never too old for some TLC.

**Whatever your age, it's good to get into the habit of checking.** The risk of breast cancer increases with age, so if you are over 50, you'll get an invitation for free breast screening every three years up to the age of 70. And remember if you're over 70 you are still entitled to free breast screening – just ask your local screening service or doctor.

**Thanks for taking the time to read this and please feel free to pass it on to your friends.**

**Want to find out more about breast awareness?  
Visit [breastcancernow.org/tlc](http://breastcancernow.org/tlc)**

We welcome feedback. Email comments or queries to [info@breastcancernow.org](mailto:info@breastcancernow.org) or call **0333 20 70 300**.

This leaflet has been reviewed by appropriate experts and people affected by breast cancer. If you would like more information about the sources of evidence on which this publication is based, please contact us.

### **About Breast Cancer Now**

We're acting now to stop women dying of breast cancer. Bringing together everyone affected by the disease and all those working to stop it, we're improving early diagnosis, developing new treatments and preventing all types of breast cancer. To join us, visit [breastcancernow.org](http://breastcancernow.org)

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