



**Cheshire and Wirral
Partnership**
NHS Foundation Trust

Looking after your breasts



Information for women

With thanks to www.breastcancer.org for allowing us to use the pictures in this leaflet from their website.

If you are a woman it is important to check your breasts.

Check your breasts every month.

If you have periods check your breasts after your period.

It is important to look at your breasts and feel your breasts. This leaflet tells you what to do.

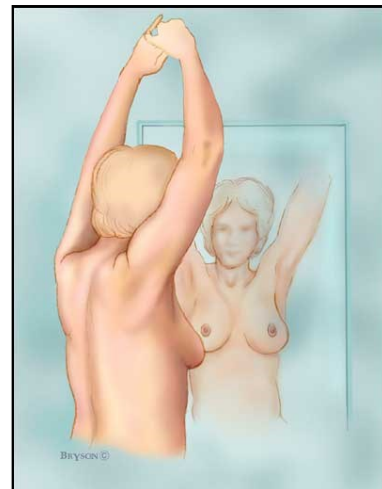


Stand in front of the mirror with your hands on your hips and look at your breasts.

Raise your arms above your head and look at your breasts.

Do your breasts look the same as when you last looked?

Look for changes in the size, shape and colour of your breasts.



When you are at the mirror gently squeeze each nipple with your finger and thumb.

Look for any liquid or blood coming out of your nipple.

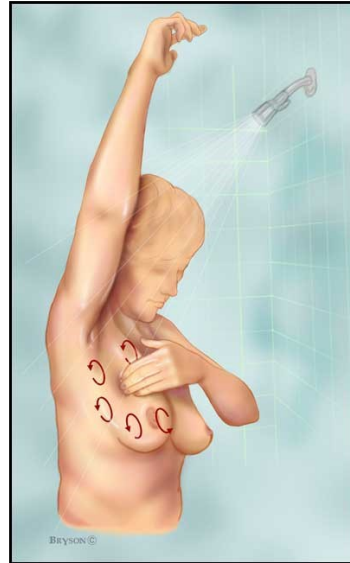
Look at the pictures.

The best place to feel your breasts is in the shower or bath.

Use the FLAT of your fingers to feel your breasts.

Press the FLAT of your fingers on your breast and move your fingers around your breasts in small circles.

It is important to feel all over both breasts and into your armpits.



Then lie down and feel your breasts and into your armpits just the same as you did in the shower or bath.

Can you feel any lumps or bumpy areas?

Does it feel painful when you touch your breasts?

You must contact your GP:

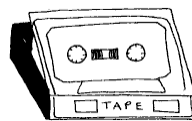
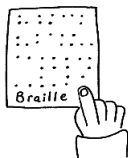
- If you look at your breasts and see something different.
- If you feel any lumps.
- If your breasts are painful.
- If your nipple changes and goes inward.
- If blood comes out of your nipple.
- If you are worried about anything.



Telephone your GP and make an appointment.

Ask your carer to help you.

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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The information in this leaflet was valid at the date of production **January 2020** and is due for review in **January 2022**

Leaflet code: E-LAB-08-196