

Lumps aren't the only sign of breast cancer.

Most women know that if you get a lump in your breast, you need to get it checked out early. But lumps aren't the only sign of breast cancer.

This leaflet shows you some of the other signs you need to look out for. Things like dimpling, turned-in nipples, crusted nipples or a discharge from your nipples.

Of course, our breasts look and feel different at different times in our lives. But if you're worried about any change at all, the best way to put your mind at rest is to see your GP.

Breast cancer is often curable and the earlier it is found, the easier it is to treat.

About 9 out of 10 women in Northern Ireland survive breast cancer when it is caught and treated early.

Breast cancer is treatable if it's found early enough and many women survive it.

Breast cancer touches many lives. Many of us have a friend or family member who's been diagnosed with it. And we know that can be an anxious time for a lot of women.

To make sure you pick up any changes in your breasts, you need to be aware of what is normal for you. Bear in mind your breasts may look or feel different at different times of your life. But you need to know when things change, so you can spot potential problems.

Breast screening.

The other thing you can do is find out about breast screening. If you're between 50 and 70, you will be invited for a mammogram every three years. This takes place at a local breast screening unit. Women over 70 are still at risk of breast cancer and, while not automatically invited for screening, are encouraged to call their local screening unit to request screening every three years. But please remember, you still have to look out for any changes in your breasts in between screenings. For more information on screening visit www.cancerscreening.hscni.net

If you notice any changes at all, see your GP.

We know that some women feel uncomfortable about seeing their GP for this kind of thing. But your GP is there to help you and will want to see you. You're not wasting anyone's time.

If you'd prefer to see a female doctor, you can ask if one is available. Or you can ask for a female nurse to be present. You could take a friend along too, if you like. The important thing is you get checked.

For more information on breast cancer have a look at the website below:
www.becancerawareni.info/breast-cancer



Public Health Agency, 12-22 Linenhall Street, Belfast, BT2 8BS Tel: 0300 555 0114 (local rate).

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becancerawareni.info

Dr Sara Graham, GP



Some changes that may indicate breast cancer:

Lumps

If you find a lump, it doesn't necessarily mean you have cancer. But you need to get it looked at, to rule it out. Lumps can appear anywhere in your breasts, armpit or around your collarbone. Sometimes an area feels thicker or just different to the rest of your breasts.

A nipple that's become turned in

Any changes in the size or shape of your breasts need to be checked out. One of the more noticeable changes is a nipple that, over time, becomes turned in.



Dimples

Some women find dimples on their breasts. These can appear anywhere and need to be checked out early.



Leaking nipples

If you notice any discharge coming from your nipple, you need to see a doctor as soon as possible. Some women notice blood in a discharge but this is not always the case.

Crusty nipples

Some women get crustiness around or on their nipple. Sometimes it's like a red rash, sometimes it's flaky skin, and it can be itchy.



Your symptoms may vary from the ones shown here. If you notice any unusual changes in your breasts speak to your GP.