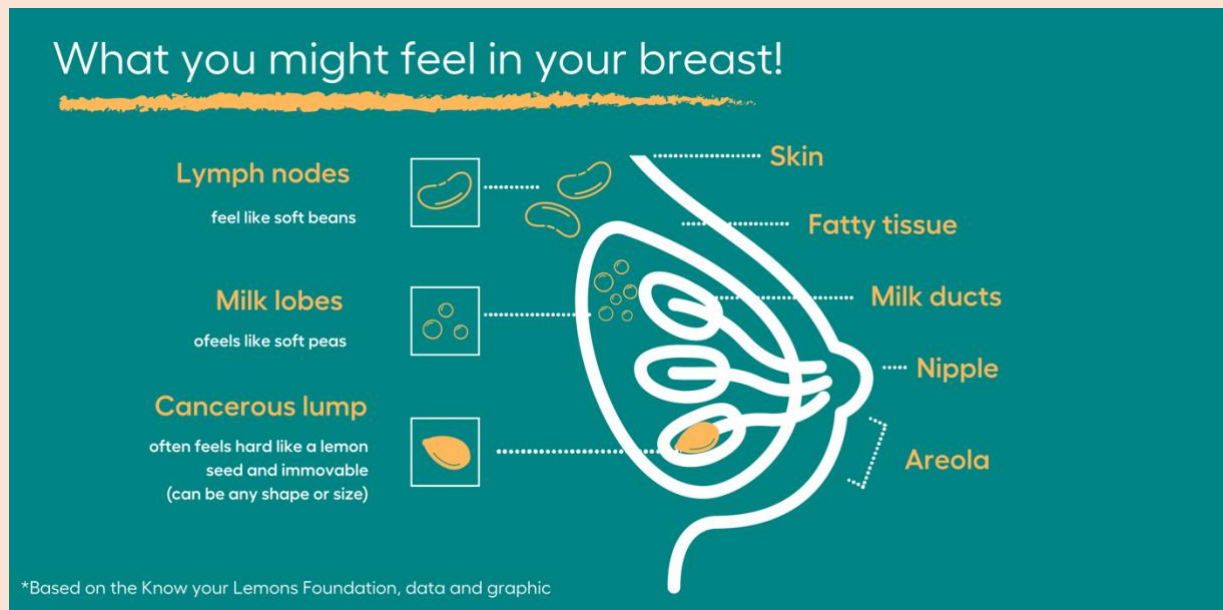




In this document we have collected together some useful graphics that give you some information about what to notice and be aware of when you are checking your breasts

The council say that you should be checking at least once per

What to look for in a breast examination











In this picture, it's complicated isn't it?

In the picture it is talking about somethings that you might feel that are OK.

If you feel something that feels like

Breast examination

	LOOK for nipple discharge		LOOK for swelling in your armpit or around the collar bone
	FEEL for lumps and thickening		FEEL consistent pain in your breasts or armpit
	LOOK for changes in skin texture eg. puckering/ dimpling		LOOK for change in size and shape
	LOOK for nipple inversion and changes in direction		LOOK for a rash or crusting of the nipple or surrounding area






What to look for in a pectoral examination

Men, you need to do this as well, this is not something that is only about women.

The next picture gives you some information about what you should be doing.

Remember, this does not have to take up a lot of your time.

Check your PECS

	<p>Check your breasts in front of a mirror for any symptoms or abnormalities.</p>		<p>Examining starts at the collarbone and continues down and up the entire breast in a verticle pattern.</p>
	<p>Examine the nipple, most men find their lumps under the nipple.</p>		<p>Position yourself in a bed which leads to a more even distribution of your breast tissue.</p>
	<p>In a sitting or standing position, use the pads of the three middle fingers - examine using light, medium and deep pressure.</p>	<h3>Signs and Symptoms</h3> <p>A painless lump or thickening in your breast tissue. Changes to the skin covering your breast, such as dimpling, wrinkling, redness or scaling. Changes to your nipple, such as redness or scaling, or a nipple that begins to turn inward. Discharge from your nipple.</p>	

*Based on NHS, data and graphic