SIGNS & SYMPTOMS

Most often breast cancer is first noticed as a painless lump in the breast or armpit. You or your partner may discover the lump, or your doctor may find it during a routine physical exam or screening mammogram.

Remember, lumps in the breast are very common, especially just before your period. Most lumps are not breast cancer.

Other signs might include:

- lump or swelling in the armpit
- changes in breast size or shape
- dimpling or puckering of the skin – thickening and dimpling skin is sometimes called orange peel
- redness, swelling and increased warmth in the affected breast
- inverted nipple – nipple turns inwards
- crusting or scaling on the nipple

Testing is necessary to make a diagnosis.

5 STEPS TO BEING BREAST AWARE

1. Know how your breasts normally look and feel.
2. Know what changes to look for.

One way to check both breasts is by moving your middle fingers in small circles from the outside of the breast to the nipple. As pictured, cover the surface of each breast, and also check the areas above and below the breasts, including the armpit.
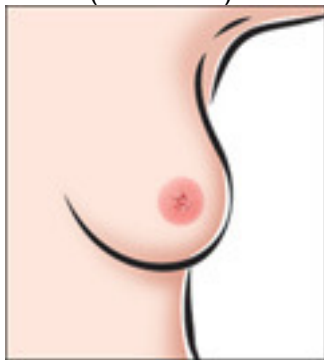
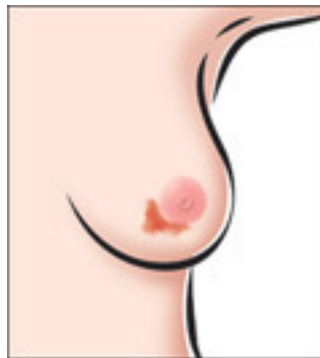| Each whole breast.	Under both arms.	Men check the same areas.

3. Look and feel for changes:

- Changes to the size or shape of one or both breasts.
- Unusual, persistent pain in the breast or armpit area.
- Swelling under the armpit or below the collarbone.
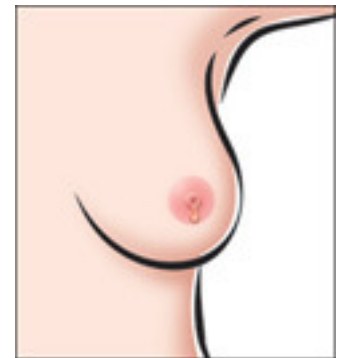- Nipple changes:

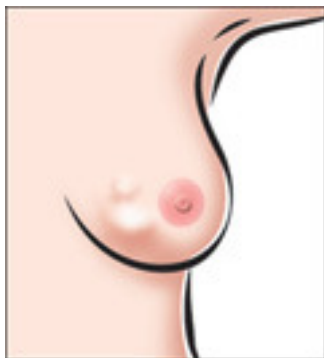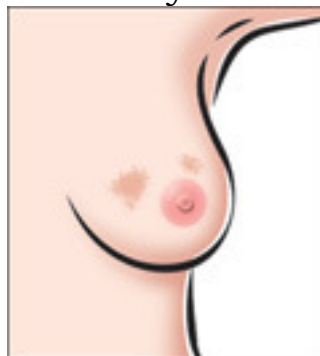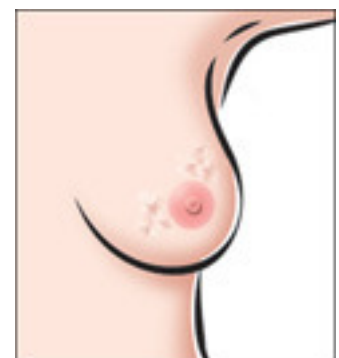| Change in the shape or position of a nipple, or a nipple that becomes pulled inward (inverted).	Redness.	Discharge from one or both nipples.
Lumps or thickening.	Skin changes, including irritation, rash or scaly skin.	Dimpling or puckering.

4. Report any changes to a doctor.

5. Go for a free mammogram if you are of the appropriate age, or if recommended by a doctor. By finding breast abnormalities in the early stages, mammograms can save lives. Women at the appropriate age can get a free mammogram through their regional breast screening program.