

Your breasts you know them best.

How do you check your breasts?

Become familiar with what is normal for you, so you notice any unusual changes early.

This becomes more important as you get older, as the risk of breast cancer increases, particularly over the age of 50.

Breast care top tips:

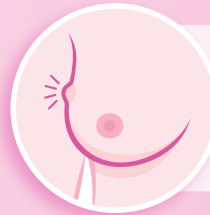
- Know how your breasts look and feel at different times of the month.
- Use a mirror so you get to know your breast shape.
- Get to know how your breasts feel – you can do this in the shower, lying down or in front of the mirror.
- Be sure to check all your breast tissue, from your collarbone to below your bra line and across to your armpit.
- Use the pads of your fingers. Use light pressure to check just below the surface of the skin and firmer pressure to check deeper in the tissue.

If you're worried about any changes, no matter how small, seek help as soon as possible.

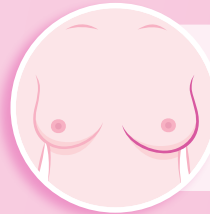
Learn more about [breast services](#) at Epworth and speak with your GP.

If you don't want to wait for answers, book an appointment at the [Breast Clinic at Epworth Freemasons](#), for same day results.

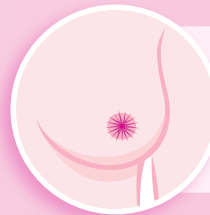
Seek professional advice if you notice:



A new lump or lumpiness, especially if it is only in one breast



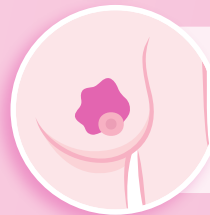
A change in the shape or size of your breast



Any change to your nipple, like crusting, an ulcer, redness or inversion



Bleeding or a nipple discharge



Skin redness, rash, dimpling, swollen breast or an indentation



Unusual pain in your breast



Any discomfort or swelling in your armpit