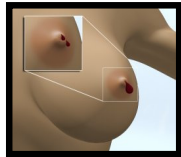




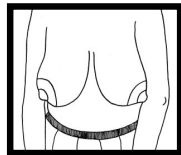
Changes to Look for



A Rash



Discharge from the nipple



Change in Size or Shape

If you notice any changes in your breasts tell your **parents/carers** or **doctor**

Problems like **cancer** can be spotted early and could **save your life**



SWANSEA PEOPLE FIRST
is supported by:

bild



SWANSEA PEOPLE FIRST
Peer Health Advocacy Project



GOOD HEALTH FOR ALL!

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SWANSEA PEOPLE FIRST
Peer Health Advocacy Project



An Organisation of and for People with Learning Disabilities

GOOD HEALTH FOR ALL!

Breast Awareness



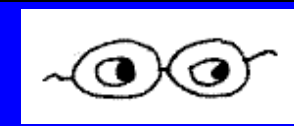
An Information Leaflet



Be 'aware' of your Breasts

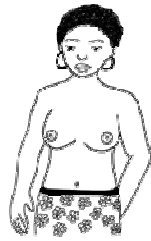


'Know' your Breasts

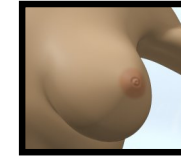


Changes to Look for

You should know:



Breasts come in all shapes and sizes



Nipple pointing inwards



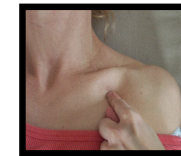
What your breasts look like



There is no 'right way'



Dimpling of the skin

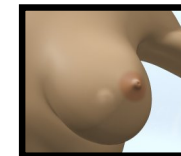


Swelling of the Collar Bone



How your breasts feel

Check your breasts in a way that is comfortable for you



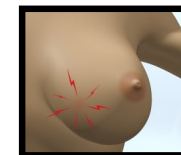
A lump or thickening



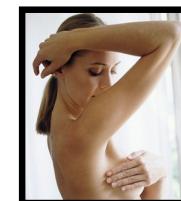
What is normal for you



You can do it in the bath or shower



Pain in the breast



Swelling under the armpit