Breast Cancer Support Gibraltar

KNOW YOUR BREASTS BETWEEN MAMMOGRAMS

What changes should you look out for? Knowing what's normal for you can help you notice if something changes.

LOOK AND FEEL FOR CHANGES

Get to know how your breasts normally look and feel, so you're more likely to notice anything unusual.

Remember, breast changes can happen in both women and men.



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WHAT TO LOOK OUT FOR?

Look out for changes such as a new lump or swelling, changes in the size or shape of your breast, or changes to the skin. You may also notice redness, dimpling or a change in the appearance of the nipple.



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OTHER CHANGES TO NOTE

Changes can also include nipple discharge, pain that doesn't go away, or a new lump or swelling around the breast or underarm. Most breast changes aren't cancer, but it's always worth getting anything unusual checked.



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IF SOMETHING CHANGES, GET IT CHECKED

If you notice something that isn't normal for you, don't wait for your next screening appointment.

SPEAK TO A HEALTHCARE PROFESSIONAL AS SOON AS POSSIBLE.

Breast Care Nurses: +350 20007248

Breast Care Services: breastcarenurses@gha.gi