

Breast Health



into

Awareness saves lives

Get to know your Breasts

Check regularly and know what's normal for you.

Here are the 8 warning signs.



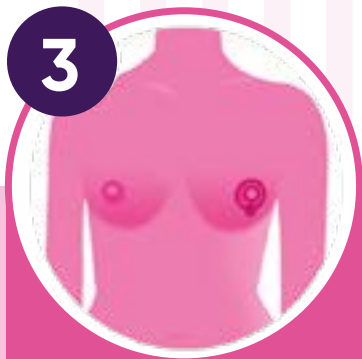
1

A puckering of the skin of the breast



2

A lump in the breast or armpit



3

A change in the skin around the nipple or nipple discharge



4

Dimpling of the nipple or nipple retraction



5

An unusual increase in the size of one breast



6

One breast unusually lower than the other/ Nipples at different levels



7

An enlargement of the glands

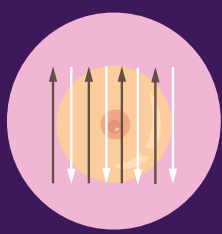


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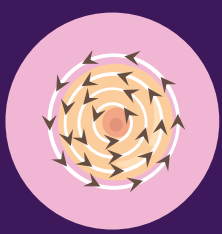
An unusual swelling in the armpit

How to self-check

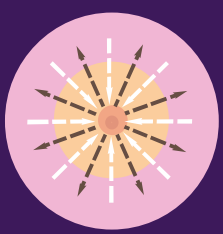
With fingertips close together, gently probe each breast using one of the three patterns below.



Vertical Method



Spiral Method



Radial Method

Did you know?



1 in 9 women get Breast Cancer

Risk **increases** with age

Only **5 – 10%** of cases are hereditary.

Download

the Breast Cancer Ireland App for reminders and more info on how to self-check.



Forward
Share this email.
It could save a life.

**BREAST
CANCER
IRELAND**
researching a cure

This advice is brought to you courtesy of Breast Cancer Ireland, 2021.