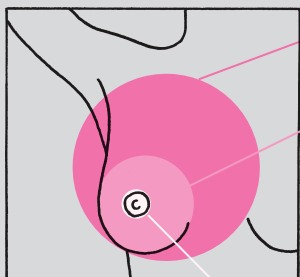


# BREAST OBSERVATION GUIDE

TAKE ACTION AND GET TO KNOW YOURSELF.

DETECT AND TELL YOUR DOCTOR ABOUT ANY PERSISTENT AND RECENT CHANGE. WHEN IN DOUBT, SEEK HELP!

WHAT TO LOOK FOR:



## 1. SKIN OBSERVATION

Orange peel skin

Thickening

Discolouration

Redness covering at least a third of the breast

Dimpling, pitting or puckering

Localized feeling of warmth

Ulceration or wound

New more visible vein

Skin shrinkage

## 2. BREAST OBSERVATION

Changes in size or shape of the breast

Changes in only one breast

Deformation

Visible or palpable mass (lump) in the breast or underarm

Swelling of the breast or the arm

## 3. NIPPLE OBSERVATION

Change in appearance

Spontaneous discharge

Inversion

Deviation

Persistent eczema or ulceration of the nipple

[WWW.BREASTSOBSERVATION.ORG](http://WWW.BREASTSOBSERVATION.ORG)



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