

KNOW WHAT'S NORMAL *for* YOU

Breasts come in all shapes, sizes and look different from person to person, and it's normal for one breast to be slightly different from the other. Knowing what is normal for you helps you notice any changes.

*Check your
breasts regularly.*

**Early detection
saves lives.**

WHAT NORMAL BREASTS CAN LOOK LIKE



Different Sizes

One breast may be larger than the other.



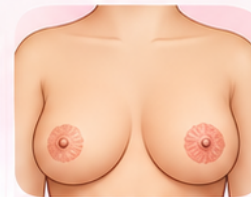
Different Shapes

Breasts can be round, teardrop, or more slender.



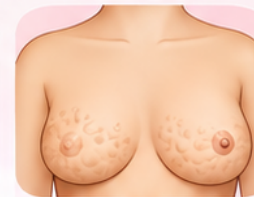
Different Nipples

Nipples may face forward, inward or outward.



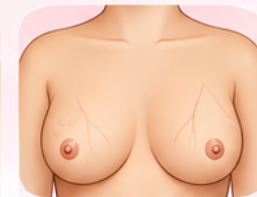
Different Areolae

Areolae can be different sizes, shapes and colors.



Normal Lumps

Many women have lumpy or dense breast tissue.



Normal Texture

Breasts may have veins, skin folds or natural dimpling.

POSSIBLE SIGNS & SYMPTOMS OF BREAST CANCER

Not all breast changes are cancer, but it's important to know the possible signs and symptoms.



A New Lump

A hard, painless lump or thickening in the breast or underarm area.



Change in Size or Shape

One breast looks larger, swollen or feels different.



Skin Changes

- Redness
- Rash
- Thickening
- Skin that looks like an orange peel (peau d'orange)



Nipple Changes

- Nipple turns inward
- Changes in shape
- Redness, scaling or crusting
- Nipple discharge (other than breast milk)



Dimpling or Pulling In

Skin that looks dimpled or pulled in.



Pain or Tenderness

New or persistent pain in the breast or nipple area.



Thickened Area

A part of the breast that feels thicker or different from the surrounding tissue.



Visible Changes

Changes in how the breast looks or feels, including creases or puckering.



Nipple Discharge

Fluid (clear, bloody or yellow) coming from the nipple.



Swollen Lymph Nodes

Swelling or lumps in the underarm area.



Warmth or Redness

Breast feels warm, looks red or appears inflamed (possible sign of infection or inflammatory breast cancer).



Persistent Changes

Any change that is new, lasting or doesn't go away.

To know more about
Team WHIP
(Working to Help those in PINK)
Breast Cancer Organization



www.teamwhip2015.com



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