

ACT ON
CANCER

TOGETHER

It's Breast Cancer Awareness Month

Check yourself regularly and remind your friends and family. It could save their lives.



If you want to know more about breast cancer or self examination, scan the QR code to go to actoncancertogether.org.uk or call 01273 234769.



Trust for
Developing
Communities



The Hangleton
& Knoll Project
Working for a better community





Know the signs

Check your breasts every month and look out for any of the following signs. Check regularly so you know what's usual for you. If anything doesn't seem right contact your GP practice.

Lumps or thickening in your breasts or armpits.

Discharge from your nipple.

Skin changes like puckering or dimples.

Itching or a rash or crust around your nipple.

Unexplained pain in your breast.

Change in the size or shape of your breast.

Skin irritation on your breasts.

Scan the code for more details about how to check your breasts or visit coppafeel.org

Text REMIND ME to 82228 for a free monthly text reminder to check your chest from CoppaFeel!

