

NATURAL CHEST CHANGES. THE BASICS.



1 Hormones.

Your body will change throughout your life. If you have periods, you might find that your breasts naturally change as part of your monthly cycle. Breast changes are linked to your menstrual cycle and hormones. It is normal for your breasts to feel tender, sore or swollen around the time of your period. If you are concerned about any changes, contact your doctor.

2 Appearance.

Chests come in all shapes and sizes. The size of your breasts or chest does not affect your risk of breast cancer. You may have different sized breasts, nipples that point in different directions or nipples with hair around them. If they have always been that way and it is normal for you, then you don't need to worry.

3 Lumps.

Some breast lumps are perfectly normal, but if you get a new lump or an old lump comes back, contact your doctor. It is important to get to know your normal, so you can detect any unusual changes quickly.

WHY IS IT IMPORTANT TO CHECK?

Whatever your age, getting to know what is normal for your body is important. If breast cancer is diagnosed early, it can be cured. That is why you should be aware of the signs and symptoms of breast cancer, and regularly check your chest.

1 IN 7

women will be diagnosed with breast cancer in their lifetime.

2300*

women under the age of 39 are diagnosed every year in the UK.

400*




men are diagnosed every year in the UK.

* around

THE IMPORTANCE OF CHECKING

Knowing your chest could save your life.

Visit our website at coppafeel.org for more info or get involved at:

 coppafeel.org
 [coppafeelpeople](https://twitter.com/coppafeelpeople)
 [coppafeelpeople](https://www.instagram.com/coppafeelpeople)



CoppaFeel! is a registered charity in England and Wales (1132366) and Scotland (SC045970)



EVERYONE HAS BREAST TISSUE – YOUNG, OLD, GUYS, GALS AND NON-BINARY PALS!

Whatever you call your breast tissue - boobs, pecs, breasts or chest - here's how to check:

- Your breast tissue is your chest area, including under your armpit and up to your collarbone. Make sure you check the whole area.
- Pay special attention to your nipples.
- Check regularly so you feel confident what is normal for you.
- Look and feel every time you check.
- Use any method you are comfortable with. This may be lying down in bed, standing in front of the mirror or in the shower.
- If in doubt get it checked out. Early detection is the best form of defence.

Get into a habit of regularly checking and be aware of the signs and symptoms below.



Look

changes in skin texture, for example, puckering/dimpling



Feel

lumps and thickening



Look

nipple discharge



Look

nipple inversion and changes in direction



Look

swelling in your armpit or around collar bone



Feel

constant, unusual pain in your breast or armpit



Look

a sudden change in size or shape



Look

a rash or crusting of the nipple or surrounding area



Text **EARLY** to **70300**
for our **free** monthly text
reminder service.

Go to **self-checkout.coppafeel.org** for all the information and tools to help you check. Talk to your doctor if you have concerns.