

Not just a LUMP

breast
cancer
care

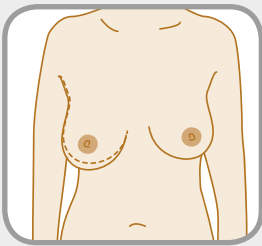
Many people think the first
sign of breast cancer is a lump

Not all breast cancers show as lumps

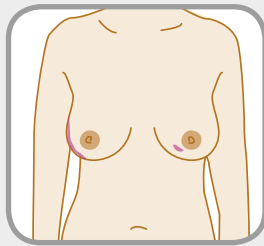
Not all lumps are breast cancer

Some benign (not cancer)
conditions appear as a lump

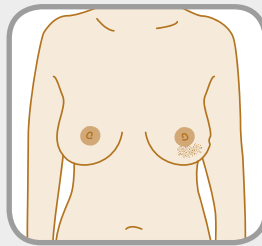
Look out for



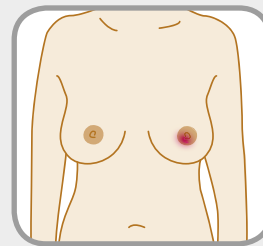
A change in size or
shape



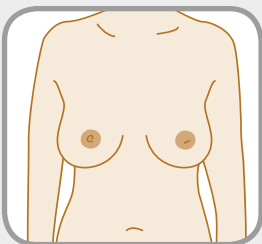
A lump or area that
feels thicker than the
rest of the breast



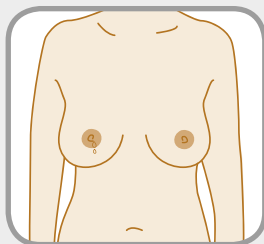
A change in skin
texture such as
puckering or dimpling
(like the skin of
an orange)



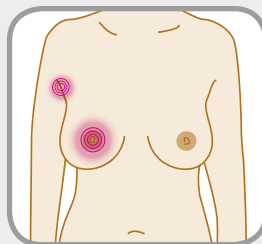
Redness or a rash on
the skin and/or around
the nipple



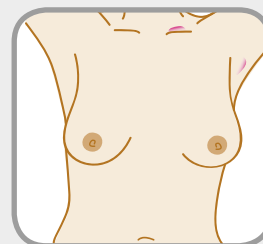
A change to the
nipple, for example it
has become pulled in
or changed its position
or shape



Liquid that comes
from the nipple without
squeezing



Pain in your breast or
your armpit that's there
all or almost all the time



A swelling in your
armpit or around your
collarbone

If you notice any new change,
go to see your doctor as soon as you can.

Breast Cancer Care is here for anyone who is worried about their breasts.
Call our free Helpline on **0808 800 6000** or visit **[breastcancercare.org.uk](https://www.breastcancercare.org.uk)**