

# Look after your girls

Talk to your friends  
about Breast Cancer



Friends can be an amazing source of support and comfort. So if you or your friends find a change in your breasts, make sure you talk to each other as well as seeing a doctor without delay.

Did you know that early detection is vital to surviving breast cancer? And remember nine out of ten breast changes are not due to cancer – but visit a doctor to be sure.



Marie Keating

FOUNDATION



## **Remember to check your breasts regularly and remind your friends to check theirs.**

You don't have to be an expert or use a special technique. Take the time to get to know the normal look and feel of your breasts as part of your daily routine, for example, while showering, dressing or looking in the mirror. Knowing what is normal for you will help you to detect any new breast changes. It's never too early to start being breast aware and it's important to keep up the habit, even if you are having regular mammograms.

In most women breast cancer is first noticed as a painless lump in the breast.

### **Other signs to look for include:**

- A change in the size or shape of your breast.
- Change to the nipple, such as crusting, ulceration, redness or inversion.
- Dimpling of the skin of the breast.
- A rash (like eczema) affecting the nipple.
- A nipple discharge.
- A swelling or lump in the armpit.

Pain in the breast is not usually a symptom of breast cancer; in fact many healthy women find that their breasts feel lumpy or tender before a period.

**Let your friends know that nine out of ten breast changes are not due to cancer, but always see a doctor to be sure. If you find a breast change that is new or unusual for you see your GP without delay. All women between the ages of 50 and 64 should attend for routine breast screening.**



**Marie Keating**  
FOUNDATION

For more information contact The Marie Keating Foundation on 01 6283726, [info@mariekeating.ie](mailto:info@mariekeating.ie) or [www.mariekeating.ie](http://www.mariekeating.ie)