BREAST CANCER AWARENESS MONTH - OCTOBER 2026

HOW TO SELF-CHECK & SPOT THE SIGNS

Around 1 in 7 women will develop breast cancer in their lifetime, and around 1% of cases affect men. This Breast Cancer Awareness Month, get to know what's normal for your breasts or chest, check regularly, and seek medical advice promptly about any unusual changes.

HOW TO PERFORM AN EFFECTIVE SELF-CHECK:



LOOK IN THE MIRROR

Stand with your arms by your sides, then raised. *Notice any changes in shape, size, or skin texture.*



FEEL IN CIRCLES

Feel around each breast or your chest, up to collarbone and under armpits. *Check for lumps or swelling.*



CHECK EACH NIPPLE

Feel around and over each nipple. *Watch for any discharge, inversion, or rash.*



SHOWER OR LYING DOWN

Lying flat spreads tissue evenly and checking in the shower can make lumps easier to feel.

Most breast or chest changes are not cancer, but it is essential to have any unusual changes checked promptly by a GP or healthcare professional. Early assessment can make all the difference.

SPOT THE SIGNS



NEW LUMP OR THICKENING

Look for unusual bumps or firm areas in your breast or armpit.



NIPPLE DISCHARGE

Any fluid from a nipple if not pregnant or breastfeeding.



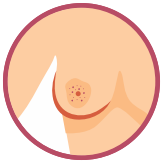
SKIN CHANGES

Puckering, dimpling, redness, rash, or "orange peel" texture.



ARMPIT CHANGES

Swelling, lumps, or unusual sensations under the arm.



NIPPLE CHANGES

Inversion, rash, or unusual shape.



SIZE OR SHAPE CHANGES

New asymmetry, sagging, or contour changes.