

KNOW YOUR NORMAL

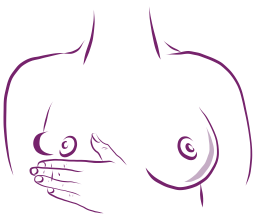
HAVE QUESTIONS?

Call 902-473-3960, 1-800-565-0548 (toll free),
or visit breastscreening.nshealth.ca

HANG FROM
THE SHOWERHEAD,
BATHROOM MIRROR,
OR CLOSET DOOR

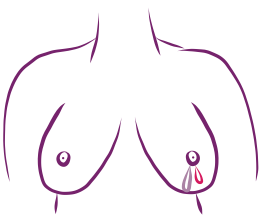
BE BREAST AWARE. KNOW YOUR NORMAL.

Touch and look at your breasts regularly so you know how they normally look and feel – even take notice of any changes that are part of your regular cycle. Knowing your breasts will help you spot any changes quickly.



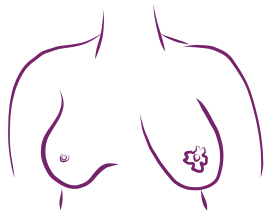
A new lump in the breast, or a thickening or hardening of the skin.

A change in the look or feel of the skin such as puckering or dimpling, or redness, thickening and pitting like the skin of an orange.



Bloody or clear fluid leaking from the nipple.

A change in size, shape, or appearance of the breast, or a change in nipple position such as the nipple being pulled in or pointing differently.



Peeling, scaling, crusting or flaking of the area around the nipple.

All new breast changes should be checked out by your health care provider. Not all new breast changes are cancerous but they do need to be assessed to ensure they are normal.

breastscreening.nshealth.ca

