

YOU KNOW YOUR BODY BETTER THAN ANYONE

Getting to know how your breasts look and feel normally means you'll be able to notice any unusual changes.

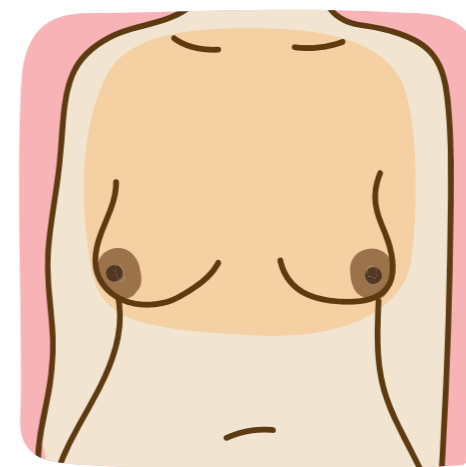
A change to the way your breasts feel or look could be a sign of cancer. So get any new or unusual changes checked by a GP.

Most breast changes, including lumps, are not cancer. But the sooner breast cancer is found, the more successful treatment is likely to be.

CHANGES TO LOOK AND FEEL FOR

There's no special way to check your breasts and you do not need any training. Everyone will have their own way of touching and looking for changes.

Get used to checking regularly and be aware of anything that's new or different for you.



Check your whole breast area, including up to your collarbone (upper chest) and armpits.

WE'RE HERE FOR YOU

We want everyone to have the confidence to check their breasts and report any new or unusual changes.

If you have any questions or worries about your breasts or breast cancer, call us free and confidentially. We have access to an interpreting service in over 240 languages.

0808 800 6000

CHECKING YOUR BREASTS IS AS EASY AS TLC

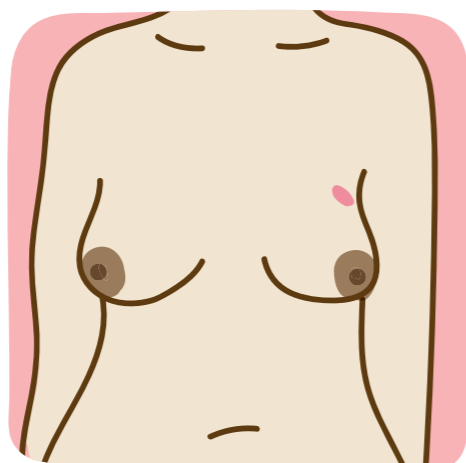
TOUCH YOUR BREASTS

Can you feel anything new or unusual?

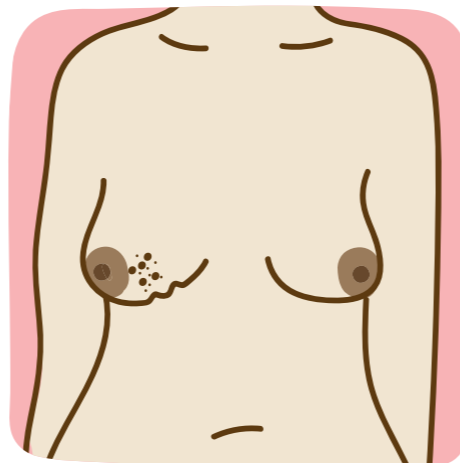
LOOK FOR CHANGES

Does anything look different to you?

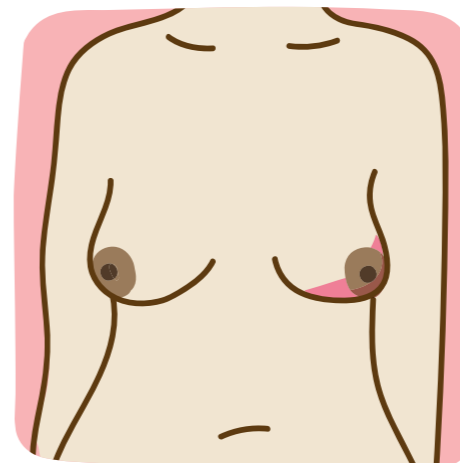
CHECK ANY NEW OR UNUSUAL CHANGES WITH A GP



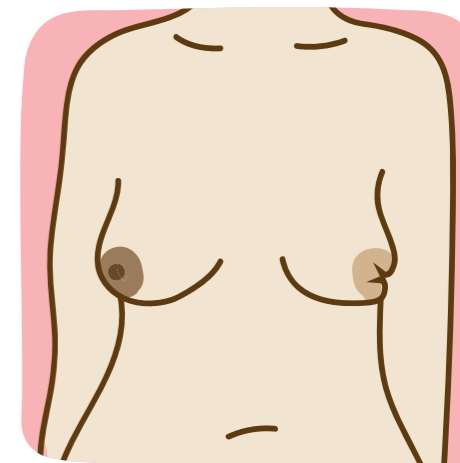
A **lump or swelling** in the breast, upper chest or armpit



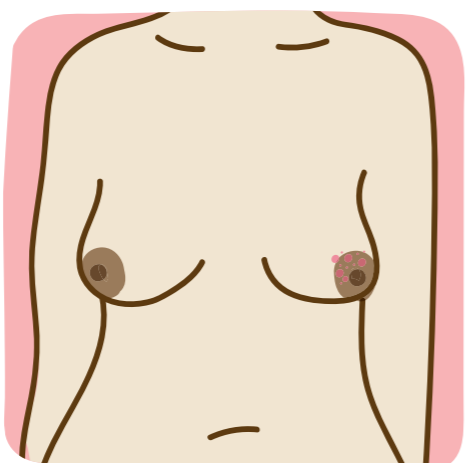
A **change to the skin**, such as puckering or dimpling



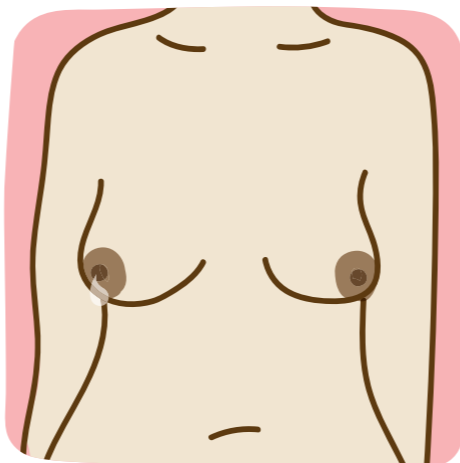
A change in the **colour** of the breast – the breast may look red or inflamed



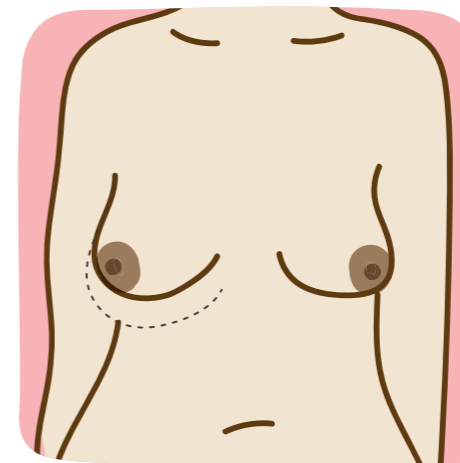
A **nipple change**, for example it has become pulled in (inverted)



Rash or crusting around the nipple



Unusual liquid (discharge) from either nipple



Changes in **size or shape** of the breast

BREAST PAIN

On its own, pain in your breasts is not usually a sign of cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

TOUCH
LOOK
CHECK™

BREAST
CANCER
NOW
The research
& care charity

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Patient Information Forum

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KNOW YOUR BREASTS ADNABOD EICH BRONNAU

Welsh

TOUCH
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BREAST
CANCER
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The research
& care charity

RYDYCH CHI'N ADNABOD EICH CORFF YN WELL NAG UNRHYW UN

Mae dod i adnabod sut mae'ch bronnau'n edrych a theimlo fel arfer yn golygu y byddwch yn gallu sylwi ar unrhyw newidiadau anarferol.

Gallai newid yn sut mae'ch bronnau'n teimlo neu'n edrych fod yn arwydd o ganser. Felly gofynnwch i'ch meddyg wirio unrhyw newidiadau newydd neu anarferol.

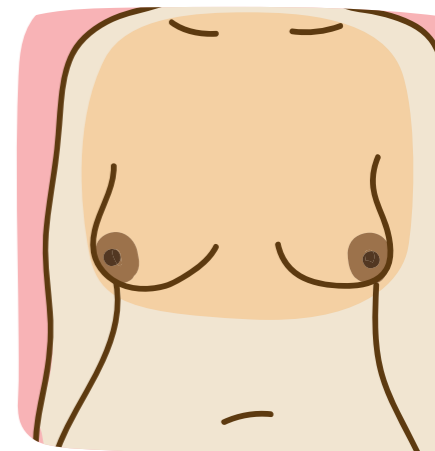
Nid yw'r rhan fwyaf o newidiadau yn y fron, gan gynnwys lymphiau, yn ganser. Ond gorau po gyntaf y canfyddir cancer y fron i sicrhau bod triniaeth yn llwyddiannus.

NEWIDIADAU I CHWILIO AMDANYNT AC I'W TEIMLO

Does yna ddim ffordd arbennig i wirio eich bronnau a does dim angen unrhyw hyfforddiant arnoch. Bydd gan bawb ei ffordd ei hun o gyffwrdd ac edrych am newidiadau.

Dewch i arfer gyda gwirio'n rheolaidd a bod yn ymwybodol o unrhyw beth sy'n newydd neu'n wahanol i chi.

Bwriedir i'r darluniau hyn fod yn ganllaw yn unig. Gwiriwch unrhyw beth sy'n edrych neu'n teimlo'n wahanol gyda meddyg.



Gwiriwch bob rhan o'ch bron, gan gynnwys hyd at bont eich ysgwydd (rhan uchaf eich brest) a'ch ceseiliau.

MAE GWIRIO EICH BRONNAU MOR RHWYDD Â TLC

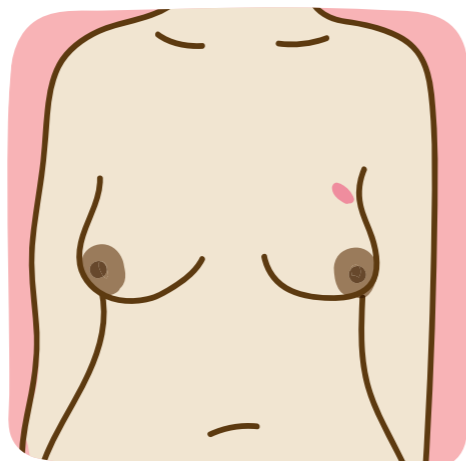
TOUCH CYFFYRDDWCH EICH BRONNAU

Allwch chi deimlo unrhyw beth newydd neu anarferol?

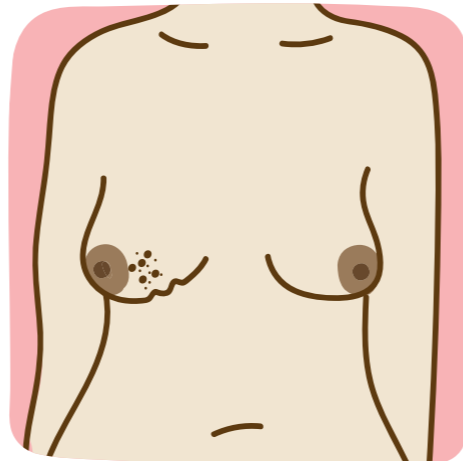
LOOK EDRYCHWCH AM NEWIDIADAU

Oes yna unrhyw beth sy'n edrych yn wahanol i chi?

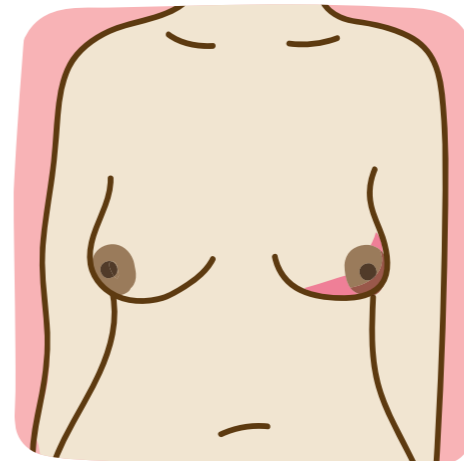
CHECK GWIRIWCH AM UNRHYW NEWIDIADAU NEWYDD NEU ANARFEROL GYDA MEDDYG



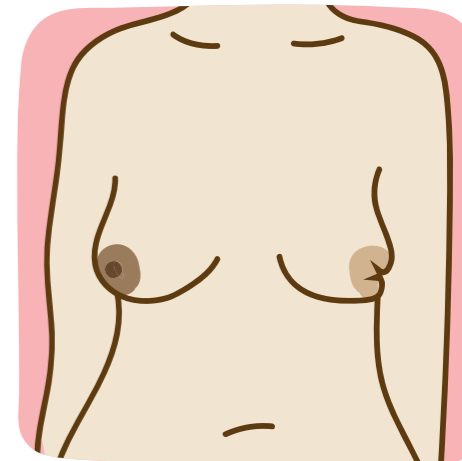
Lwmp neu chwydd yn y fron, rhan uchaf y frest, neu'r ceseiliau



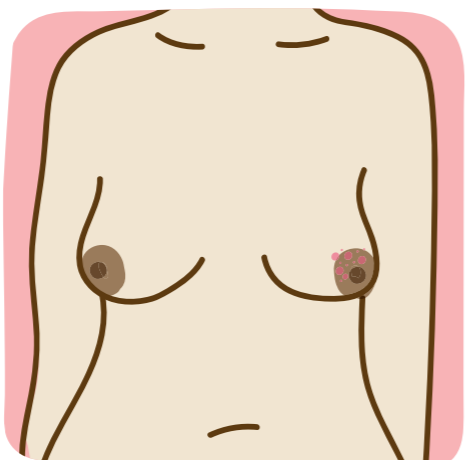
Newid i'r croen, fel crychiad neu banylu



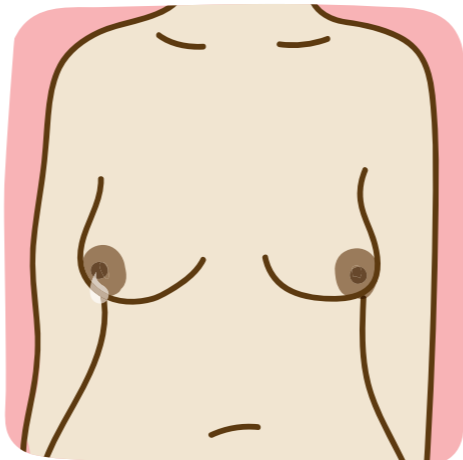
Newid yn **lliw'r** fron – efallai y bydd golwg goch neu chwyddedig ar y fron



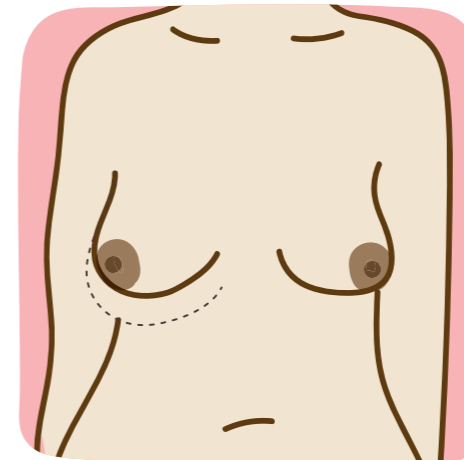
Newid i'r deth, er enghraifft mae wedi tynnu i mewn (gwrthdroedig)



Brech neu gramennu o amgylch y deth



Hylif anarferol (rhedlif) o'r naill deth



Newidiadau ym **maint neu siâp** y fron

POEN YN Y FREST

Ar ei ben ei hun, dydy poen yn eich bronnau ddim fel arfer yn arwydd o ganser y fron. Ond byddwch yn wyladwrus o ran poen yn eich bron neu gesail sydd yno bob amser, neu bron bob amser.

RYDYN NI YMA AR EICH CYFER CHI

Rydym am i bawb gael yr hyder i wirio eu bronnau a rhoi gwybod am unrhyw newidiadau newydd neu anarferol.

Os oes gennych unrhyw gwestiynau neu bryderon am eich bronnau neu ganser y fron, ffoniwch ni yn rhad ac am ddim ac yn gyfrinachol. Mae gennym fynediad at wasanaeth cyfieithu ar y pryd mewn dros 240 o ieithoedd.

0808 800 6000