

# Know Your Body: Checking my....

breasts

chest

boobs

pecs

baps

knockers

## What do you call yours?



# Anyone can get breast cancer

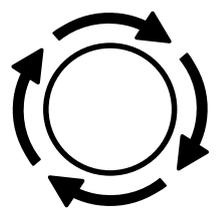


Version 1: Information was correct as of 30 September 2022.

Health information in these materials are provided by **CoppaFeel!** with oversight from their Medical Advisory Group.

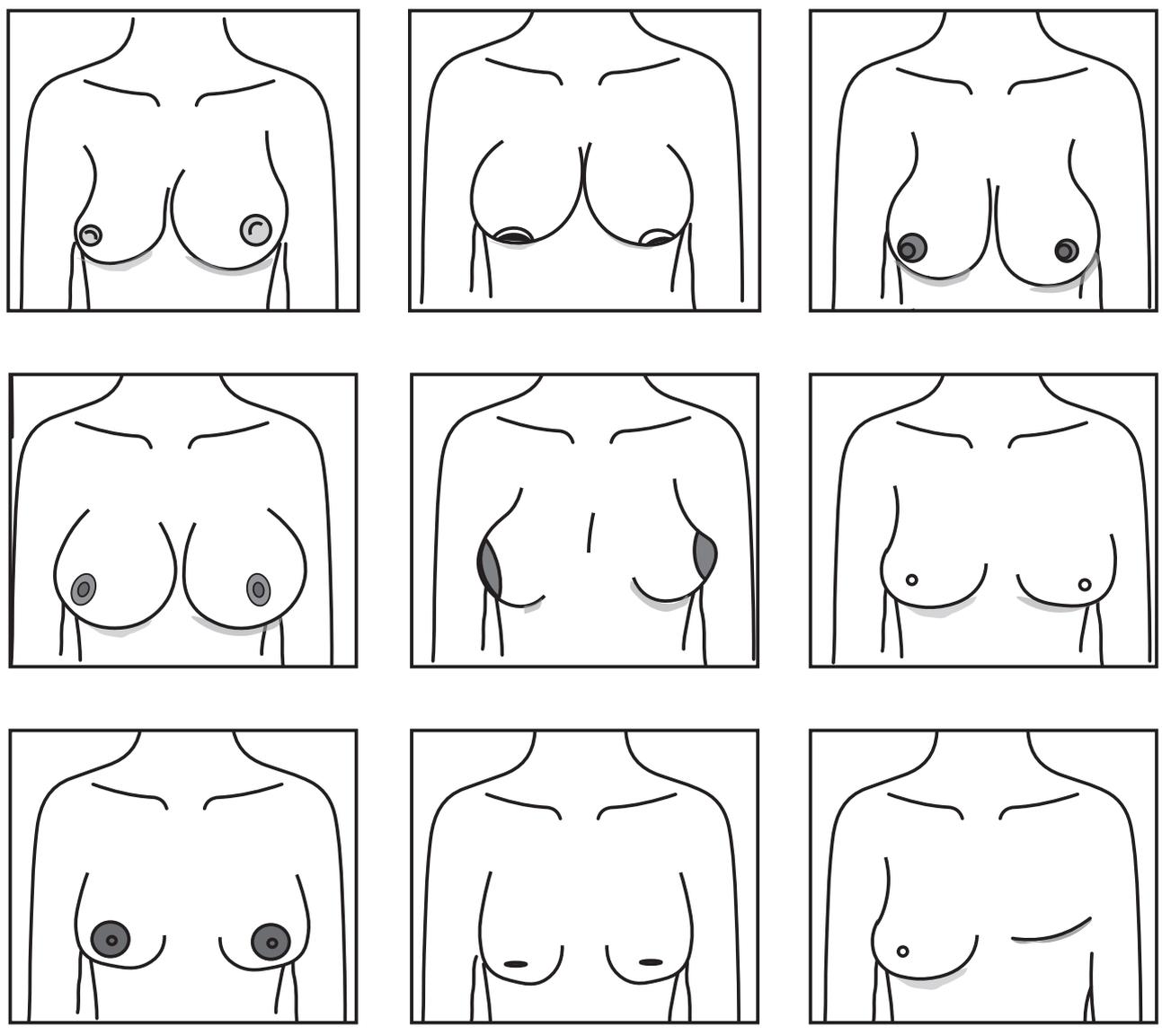
Widgit Symbols © Widgit Software 2002-2022 [www.widgit.com](http://www.widgit.com)

Your name \_\_\_\_\_



circle

What does your chest look like?  
**Circle** the picture below that looks most like you.





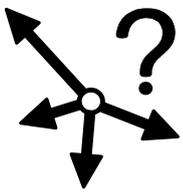
draw



moles

Or you can **draw** your chest in the space below.

**Think about** what your nipples look like. Remember to add any moles, freckles or marks that you have.

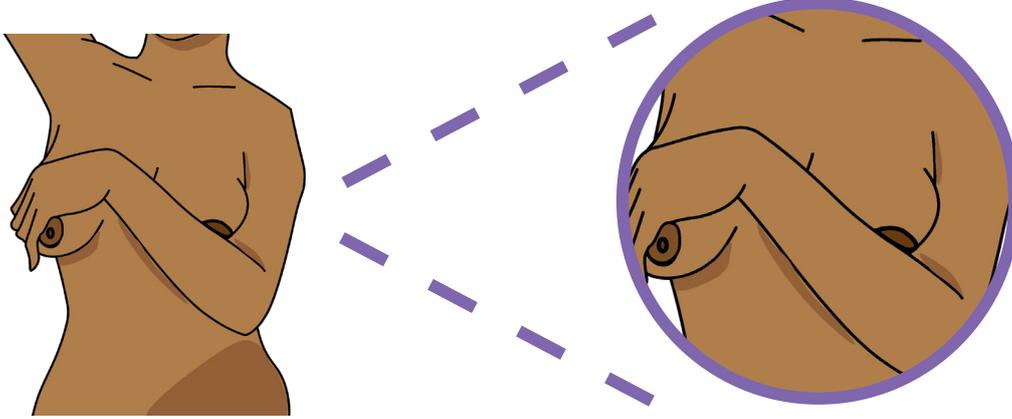


where

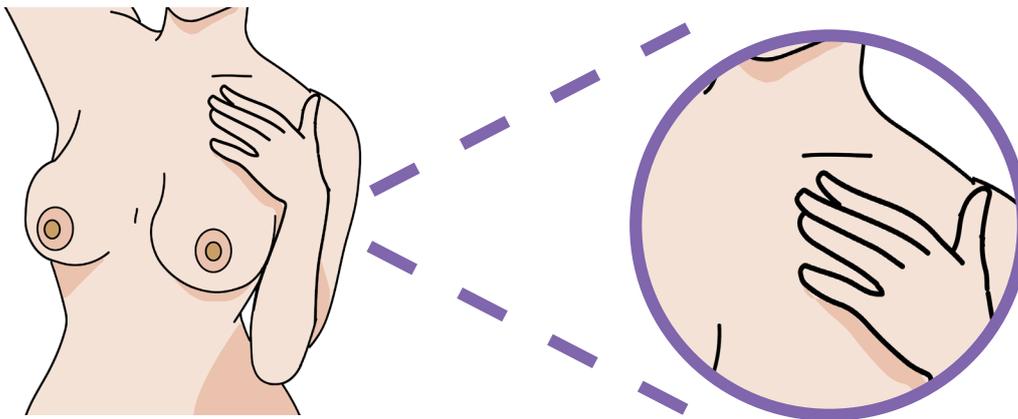
# Where should I be checking?

You should feel and look at....

## Your breast tissue



## The area up to your collarbone



## Your armpits

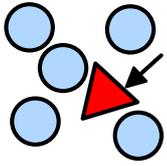




what

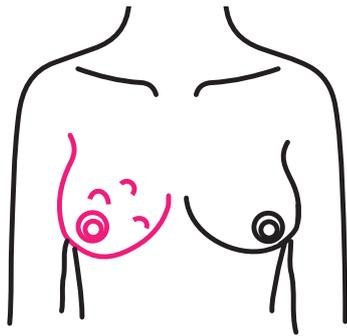
# What should I be aware of?

You should feel and look for anything that feels different or not normal for you.

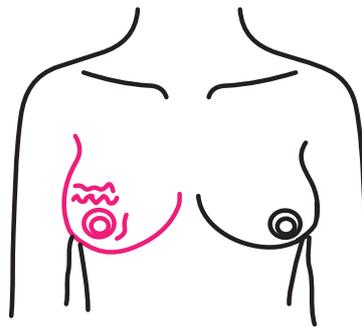


different

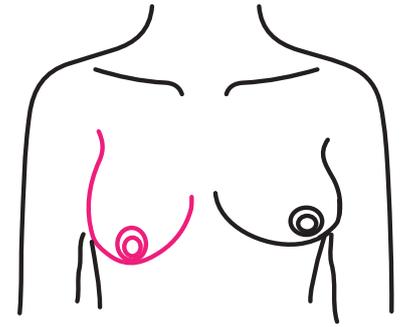
You should contact a doctor if you notice any of the below symptoms.



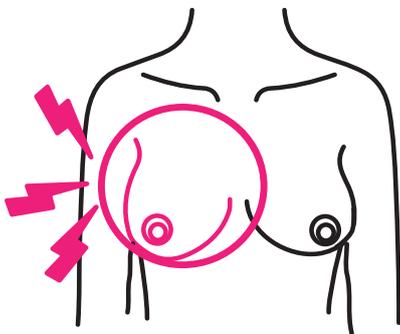
**Lumps or your skin feels thicker**



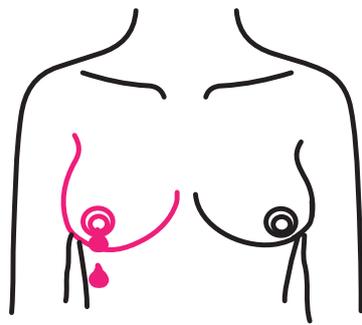
**Changes in how your skin feels**



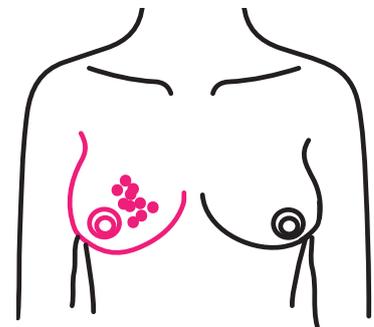
**Change in breast shape or size**



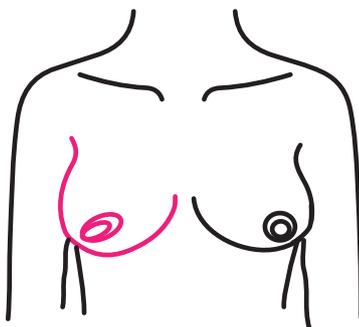
**Pain in breast or armpit**



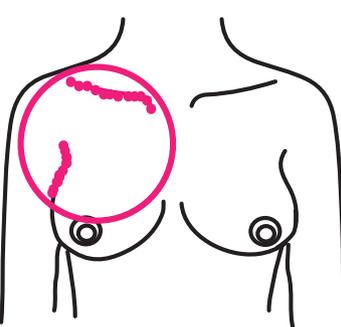
**Liquid coming out of nipple**



**Rash or soreness around nipple**



**Nipple looks different**



**Swelling in armpit or around collarbone**



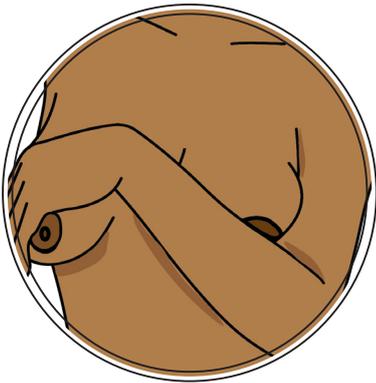
write



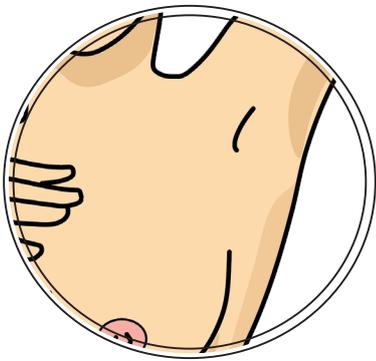
draw

Use the space below to write about or draw how your chest normally feels

My chest looks and feels like....

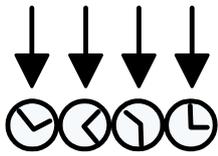


My armpits look and feel like....



The area up to my collarbone looks and feels like...





regularly

You should be checking your chest area on a regular basis. Write below how often you will check yourself (for example “every month”).

I will check myself every...

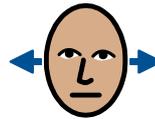


support

Will someone support you to complete your body diary? Please tick one.

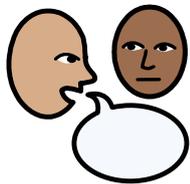


yes



no

(If yes) Their name is...



tell

Who will you tell if you notice any changes? (support worker, family member, or doctor)

I will tell....

# My body diary



Date \_\_\_\_\_

diary

Today I checked my...

Remember to colour or add your sticker!

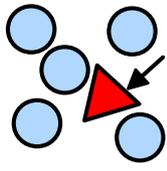
A circular sticker with a dashed border containing the text "Today I checked myself".

Today my

felt and looked like...

(fill in the space with what you call yours)

Large empty rectangular box for writing.

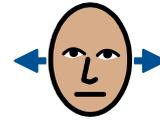


different

I felt like something was different (tick one)



yes

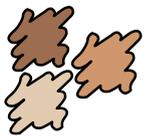


no



what

If yes, what was different. **Write below** or **put a tick** in the boxes that apply.



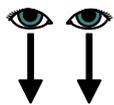
colour

The **colour**



felt

How it **feels**



looked

How it **looks**



**It's normal to feel some pain in your breasts around the time of your menstrual period.**



doctor

If you have noticed a change, you may need to see a doctor. Did you write down who you would tell if you noticed any changes? You should let them know.