

Know Your Body: Checking my....

pecs

chest

chest

pecs

chest

pecs

What do you call yours?



Anyone can get breast cancer

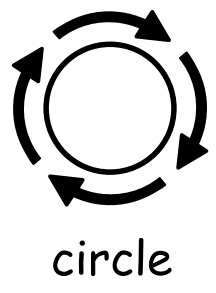


Version 1: Information was correct as of 30 September 2022.

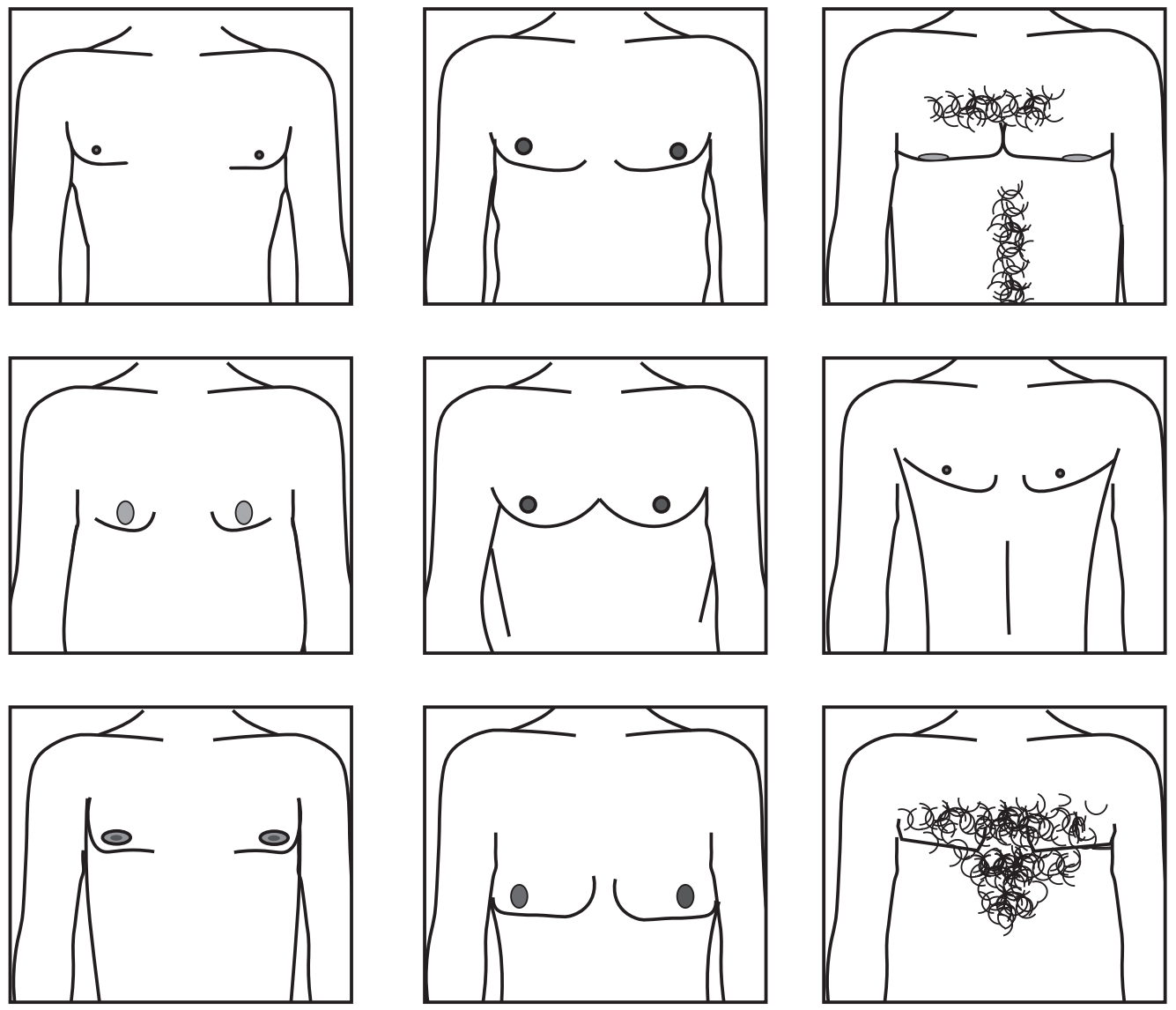
Health information in these materials are provided by **Coppafeel!** with oversight from their Medical Advisory Group.

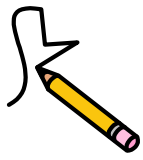
Widgit Symbols © Widgit Software 2002-2022 www.widgit.com

Your name _____



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





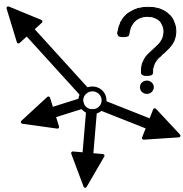
Or you can **draw** your chest in the space below.

draw



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

moles

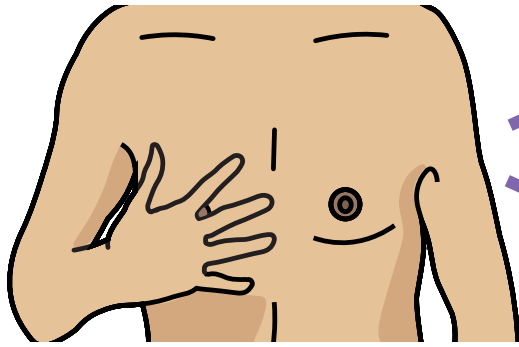


where

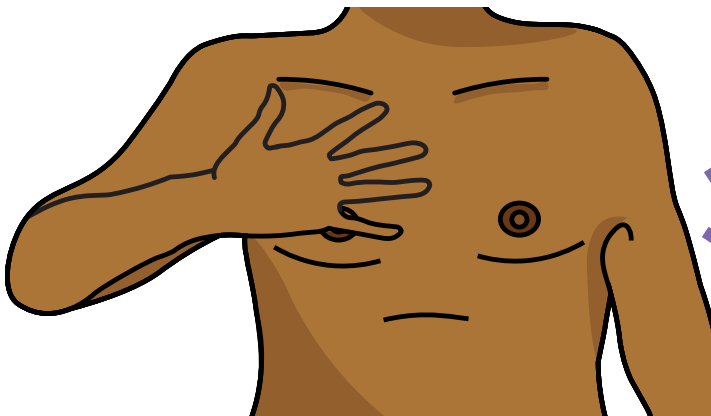
Where should I be checking?

You should feel and look at....

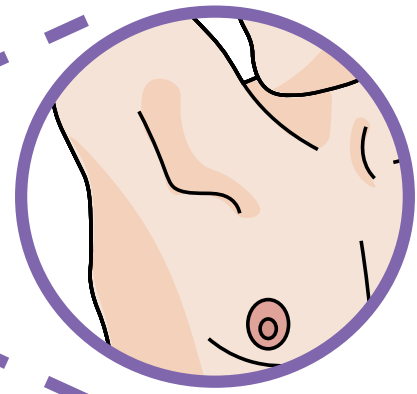
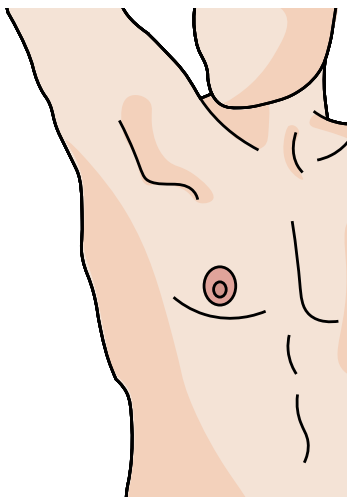
Your chest tissue



The area up to your collarbone



Your armpits

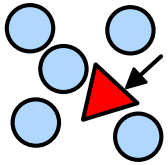




what

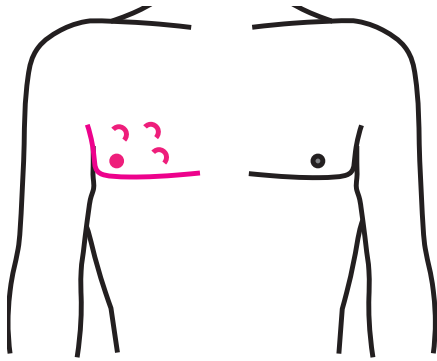
What should I be aware of?

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

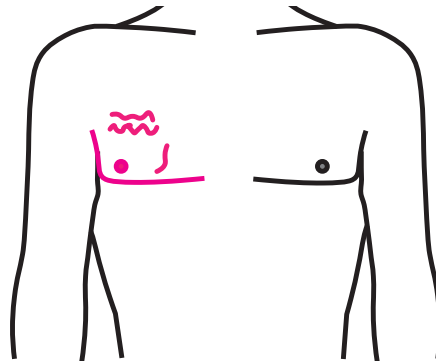


different

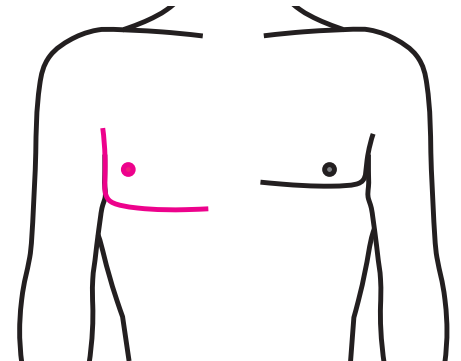
You should contact a doctor if you notice any of the below symptoms.



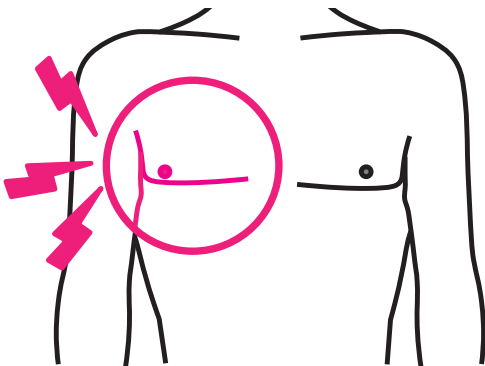
Lumps or your skin feels thicker



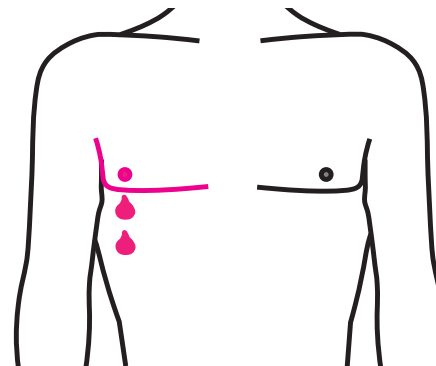
Changes in how your skin feels



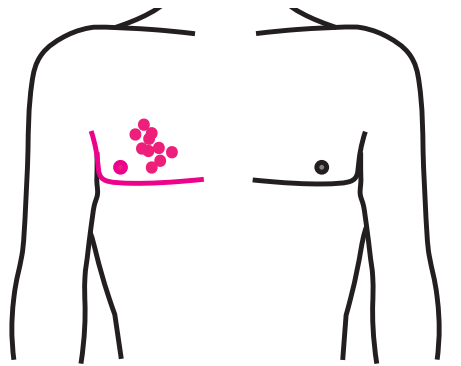
Change in pec shape or size



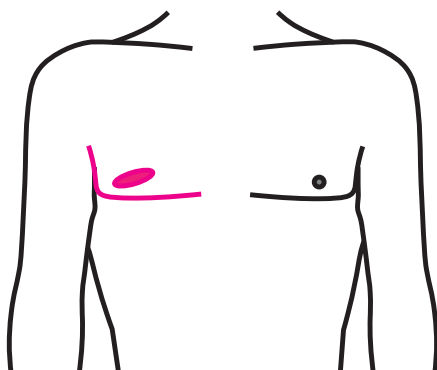
Pain in pec or armpit



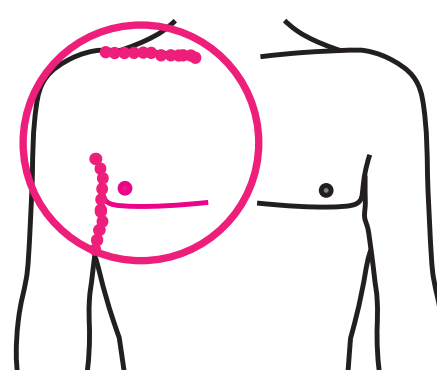
Liquid coming out of nipple



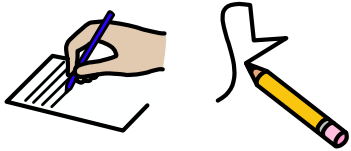
Rash or soreness around nipple



Nipple looks different



Swelling in armpit or around collarbone



write

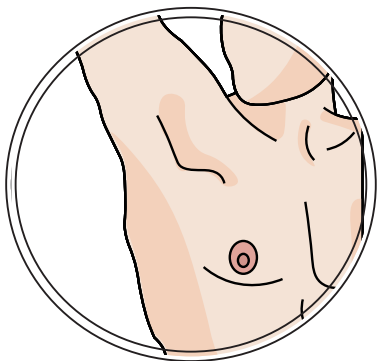
draw

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

My chest looks and feels like....

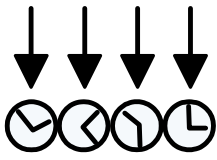


My armpits look and feel like....



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...

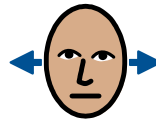


support

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

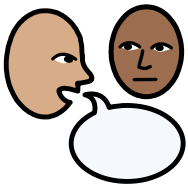


yes



no

(If yes) Their name is...

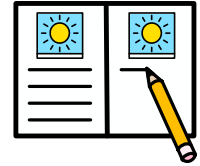


tell

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!

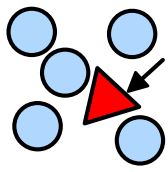
A circular sticker with a dashed border containing the text "Today I checked myself".

Today my

felt and looked like...

(fill in the space with what you call yours)

Large empty rectangular box for writing.

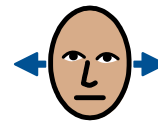


different

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.



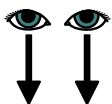
colour

The **colour**



felt

How it **feels**



looked

How it **looks**

If you menstruate, it is normal to feel some pain in your pecs around the time of your 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.