

Know Your Body:

What Is Breast Cancer?



CoppaFeel!
breast cancer awareness

Know Your Body: Breast Cancer

What is it?



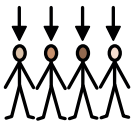
cancer

Breast cancer is a disease that forms in breast tissue.



breast tissue

Breast tissue is the area from the collarbone down to the underarm and across to the middle of the ribcage.



everyone

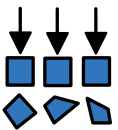
Everyone has breast tissue. It is important we all check ourselves.



diagnosed

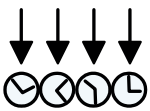
Checking your body means that you are more likely to get diagnosed early. If your breast cancer gets diagnosed early, it is more treatable and you will have a higher survival rate.

How do I check myself?



normal

There are no rules for checking yourself. It's really important to know what's normal for you as signs of breast cancer may look different on your skin tone or body.



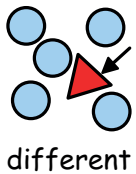
regularly

Try to check your chest once a month.

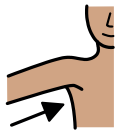


comfortable

You can check anywhere you feel comfortable such as in the shower or when you are getting dressed.



Write down anything that changes and feels different.



armpit

Make sure you are checking all of your breast tissue - this means your chest area, right up to your collarbone, and under your armpits. Remember to look **AND** feel when checking.

What should I be aware of?



unusual

Check there are no unusual changes to how your chest normally looks and feels. Does the skin look and feel the same?



pain

Are there any unusual lumps or swelling around your chest and armpit? Is your chest or armpit painful more often?



changes

Make a note of any changes to how your chest feels, changes to how your chest looks, and any changes to your nipples.



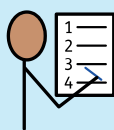
doctor

If you notice anything that doesn't feel normal or hurts more often, you should book an appointment with your doctor.



reminders

CoppaFeel! offers a free reminder service where they will text you once a month to remind you to check yourself.



sign up

To sign up to this service, visit <https://coppafeel.org/remind-me/remind-me-sms/>



text

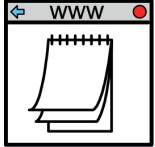
or text CHECK to 82228



where

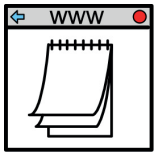
Where can I find out more information about breast cancer?

You can find out more information at the below websites:



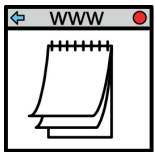
website

www.nhs.uk/conditions/breast-cancer



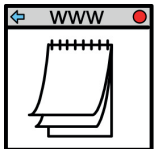
website

www.coppafeel.org



website

www.cancerresearchuk.org/about-cancer/breast-cancer



website

www.breastcancernow.org

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Version 1, 2025. We updated this information in April 2024. We will look at it again in April 2027.

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