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Look for...



A change in size or shape of your breast.



A change to the nipple, such as crusting, an ulcer, redness or an inversion.



Nipple discharge that occurs without squeezing.



A change to the skin of your breast, such as redness or dimpling.

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Feel for...



A new lump or lumpiness, especially if it's only in one breast.



An unusual pain in your breast or armpit that doesn't go away.