

DON'T GET SCARED,  
GET CHECKED



Be

# Breast

Aware

Lumps aren't the only sign of cancer.

## Skin like orange peel



Some women's breasts look red and become sore. The skin looks like orange peel because the pores stand out in the inflamed area.

## Leaking nipples



If you notice a discharge coming from your nipple, you need to see your GP as soon as possible. Sometimes it has blood in it, but not always.

If you notice any changes at all in your breasts, please make an appointment with your GP.

If you would prefer to see a female doctor, you can ask if there's one available. For further information visit:

**[www.getcheckedearly.org](http://www.getcheckedearly.org)**

© NHS Western Isles, 2015, 2018, 2021. All rights reserved.  
Based on Scottish Government 'Lumps Aren't The Only Sign of Breast Cancer' booklet.

**If you find a lump, it doesn't necessarily mean you have cancer. But you do need to get it looked at, to rule it out.**

Lumps can appear anywhere in your breasts, armpit or around your collarbone. Sometimes an area feels thicker or just different to the rest of your breasts.

Any changes in the size or shape of your breasts need to be checked out.

## **Nipple that's turned in**



One of the more noticeable changes is a nipple that, over time, becomes turned in.

## **Dimples**



Some women find dimples on their breasts. These can appear anywhere and need to be checked out early.

## **Crusty nipples**



Some women get crustiness around or on their nipple. Sometimes it's like a red rash, sometimes it's flaky skin, and it can be itchy.