



BREAST CANCER, DON'T GET SCARED, GET CHECKED.

The earlier breast cancer's found, the easier it is to treat.

Most women know that if you get a lump in your breast, you need to get it checked out early. 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. ***But lumps aren't the only sign of breast cancer.***

A FEW SIGNS TO LOOK OUT FOR.

- 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.
- 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.
- Turned-in nipples. Any changes in the size or shape of your breasts need to be checked out. One of the more noticeable changes is a nipple that, over time, becomes turned in.
- Leaking nipples. If you notice a discharge coming from your nipple, you need to see a doctor as soon as possible. Sometimes the liquid has blood in it, but not always.
- Dimples. Some women find dimples on their breasts. These can appear anywhere and need to be checked out early.

The other thing you can do is find out more about breast screening. It's estimated that breast screening save 10 lives in Scotland every year. If you're between 50 and 70, you'll be invited for a mammogram every three years. This takes place at a screening unit in your local area. (Women over 70 are welcome to refer themselves for screening via their local screening centre). But, please remember, you still have to look out for any changes in between screenings.

For more information on signs or symptoms and signposting to local cancer support organisations contact your local NHS Grampian healthpoint, call the free healthline on 0500 20 20 30 or log into nhsinform.co.uk