

Love your breasts, be breast aware

October may be Breast Cancer Awareness month, but it's important to be continuously breast aware throughout the year

Most cases of breast cancer are found by women noticing unusual changes, taking the initiative and visiting their doctor.

The earlier breast cancer is found, the better the chance of beating it. Being breast aware simply means knowing what your breasts look and feel like normally, being on the lookout for any unusual changes and getting them checked out by your doctor. It's as simple as TLC: Touch

- Can you feel a lump? Either in the breast, upper chest or armpits.
 - Is there a lumpy area? Or unusual thickening of the breast tissue that doesn't go away?
 - Is there any unusual pain? Either in part of the breast or the armpit. Look
 - Any change in size or shape? For example, one breast might become larger or lower than the other.
 - Any change in skin texture? Such as puckering or dimpling of the skin of the breast.
 - Any change in colour? For example the breast may look red or inflamed.
 - What about the appearance or direction of the nipple? For example, one might become inverted (turned in) when it normally points out.
 - Any unusual discharge? One or both nipples might have a discharge.
 - Any rash or crusting? Of the nipple or surrounding area. Check
- Is anything unusual? If so, get it checked out by your doctor as soon as possible.