

## KNOW THE SIGNS FROM AGE 20.

Most of us know it's important to get a new breast lump checked. This leaflet shows you some of the other signs you need to look out for. Changes in breast skin, shape or size, nipples, or unusual breast pain can all be signs of breast cancer too.

So 'know your normal' and if you notice any changes in your breasts, regardless of your age, see a doctor (even if you've had a mammogram recently).

These days breast cancer's much more treatable if it's found early.

### NEED HELP?

 For advice from our specialist breast cancer nurse, freephone **0800 BCNurse** (0800 2268 773)

 Email questions to [breastnurse@nzbcf.org.nz](mailto:breastnurse@nzbcf.org.nz)

 Visit our website at [www.nzbcf.org.nz](http://www.nzbcf.org.nz)

 Message us on **Facebook**:  
[www.facebook.com/NZBreastCancerFoundation](http://www.facebook.com/NZBreastCancerFoundation)

 Follow us on **Twitter**: @NZBCF



## DON'T BE SHY BREAST CANCER'S NOT

START MAMMOGRAMS FROM AGE 40

### A mammogram is the best way of finding breast cancer early.

One in nine women in New Zealand will develop breast cancer over their lifetime. A mammogram is a safe way to detect very small tumours well before a lump can be felt.

The New Zealand Breast Cancer Foundation recommends an annual mammogram for all women 40-49 years, then every two years from 50 years. Keep having mammograms in your 70's if you're in good health.

### ENROL FOR FREE MAMMOGRAMS FROM AGE 45+

If you're a well woman between 45-69 years of age sign up with **BreastScreen Aotearoa** for free mammograms every two years. Freephone **0800 270 200** or visit [www.nsu.govt.nz](http://www.nsu.govt.nz)

**Don't wait** for your next mammogram before acting on breast changes. See your doctor!



(CONTAINS GRAPHIC IMAGES)

# BREAST CANCER'S NOT ALWAYS A LUMP

See your doctor if you notice any unusual breast changes. Don't be scared. Get checked!

## ❖ AN INVERTED NIPPLE



A newly retracted or turned in nipple.

## ❖ NEW LUMP OR THICKENING

A lump or bump is not always a sign of cancer but show your doctor to rule it out. Lumps can appear in the breast, armpit area or around the collarbone. Sometimes it could be a thickening of the skin which feels different to the rest of your breast.

## ❖ CHANGE IN BREAST SIZE/SHAPE

Any changes in the size or shape of your breast which are unusual for you, need to be checked out too.

## ❖ BREAST PAIN

If you have unusual breast pain which won't go away, see your doctor.

See the signs at [www.anychanges.co.nz](http://www.anychanges.co.nz)

IMAGES COURTESY OF THE SCOTTISH GOVERNMENT

## ❖ NIPPLE DISCHARGE



A discharge coming from your nipple may be bloodstained but not always.

## ❖ DIMPLES, PUCKERING OR DENTS



Dimples, puckering or dents can appear anywhere, even on the underside of the breasts.

## ❖ A CRUSTY NIPPLE



Crustiness on or around the nipple. Sometimes it's like a red rash or flaky, scaly skin. It may also feel itchy or burning.

## ❖ SKIN LIKE ORANGE PEEL



A change in colour, reddening or inflammation. The breast is swollen and the skin may look like orange peel because the pores stand out in the inflamed area.



**Act on breast changes.**  
See your doctor.

If still concerned after seeing your  
doctor, get a second opinion.

**Need advice?**  
Call 0800 BCNurse (0800 2268 773)