# BREAST CANCER'S NOT ALWAYS A LUMP

## Breast Cancer Foundation NZ

#### **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 in the breast tissue, which feels different to the rest of your breast.

#### **CHANGE IN BREAST SHAPE OR SIZE**

Any changes in the size or shape of your breast that 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.

#### **AN INVERTED NIPPLE**



A newly retracted or turned in nipple.

#### **NIPPLE DISCHARGE**



Discharge from the nipple may be bloodstained thin or watery.

#### **DIMPLES, PUCKERING OR DENTS**



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

#### **A CRUSTY NIPPLE**



#### **SKIN LIKE ORANGE PEEL**



A crusty nipple - crustiness on or around the nipple or areola complex. Sometimes it's like a red rash or flaky, scaly skin. It may also feel itchy or burning. 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.

### 0800 BC NURSE (0800 226 8773) www.anychanges.co.nz

### Show your doctor any changes. Consider mammograms at 40.