

KNOW THE SIGNS *and symptoms*

It is important to be aware of all the signs and symptoms of breast cancer, and to be checking your boobs, pecs or chest regularly.



People of all ages, ethnicities and genders can get breast cancer. Checking your chest regularly can help save your life.

WE ARE *Tickled Pink*

At Asda, we're putting breast cancer awareness on everyone's list and have been proudly supporting breast cancer charities since 1996!

WE ARE FUNDING...

- Vital education
- Life-changing support
- World-class research



DONATE TODAY



Scan the QR code to donate. You can also donate using our in-store self-checkouts.



BREAST
CANCER
NOW The research & support charity

CoppaFeel!
breast cancer awareness



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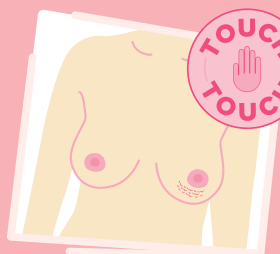
DO THE REAL SELF CHECKOUT



A LUMP OR THICKENING

in the breast, chest (up to the collarbone) and into the armpit that feels different from the rest of the breast tissue.

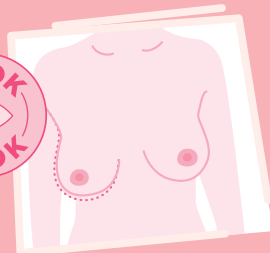
There's no right or wrong way to check your boobs, pecs or chest. It's about looking and feeling regularly.



CHANGES TO THE SKIN

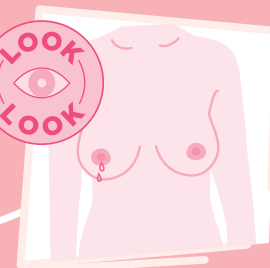
such as puckering or dimpling (like orange peel).

Also look out for a change in colour, which could look darker, red or inflamed. Your skin tone may make a difference to how this looks.



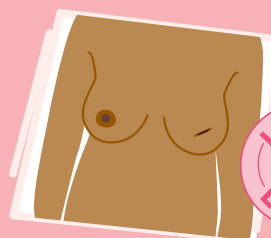
A SUDDEN, UNUSUAL CHANGE IN SIZE OR SHAPE

Most breast changes are not because of cancer, but if you notice a sudden, unusual change in size or shape, see your GP.



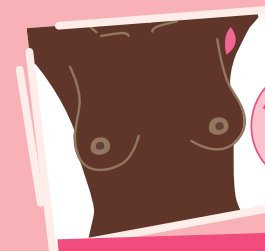
LIQUID FROM YOUR NIPPLE

Also known as discharge, coming from either nipple.



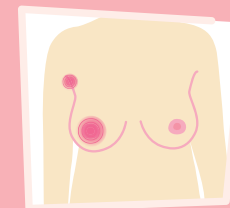
NIPPLE CHANGES

Nipple has become pulled inwards (inverted) or changed direction. Be aware of a rash or crusting of the nipple. Your skin tone may make a difference to how this looks.



SWELLING

in the breast, chest (up to the collarbone) and into the armpit that feels different from the rest of the breast tissue.



On its own pain in your breast or armpit is not usually a sign of breast cancer, but be aware of pain which is there all or almost all the time.

See a GP if you notice anything new or unusual. To find out more, visit [asda.com/tickledpink](https://www.asda.com/tickledpink)

