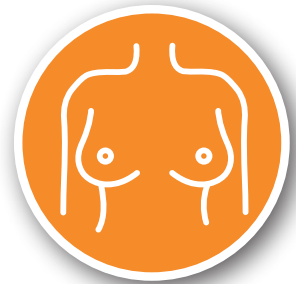


# Know the signs

## Find Breast Cancer Early

1 in 7 women in Ireland will develop breast cancer in their lifetime. It is most common in women over 50 years of age, but it can happen in younger women too.

Treatment options and survival rates are better than ever – especially when breast cancer is found early.

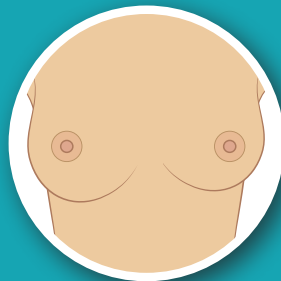


Call your GP TODAY if you notice any of the following



A new lump that you can feel in either of your breasts.

A new lump that you can feel in either of your armpits.



A change in the size, shape or feel of one or both breasts or armpits, e.g. a new area of thickened tissue or lumpiness in either breast or armpit that was not there before.

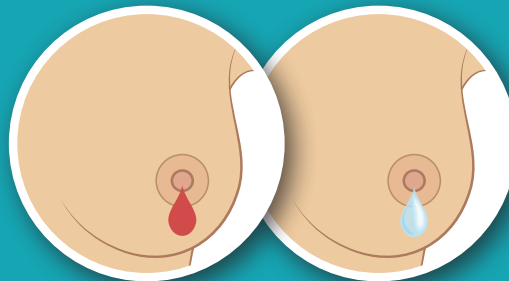


Skin changes on your breast such as puckering or dimpling (the skin may look like orange peel).

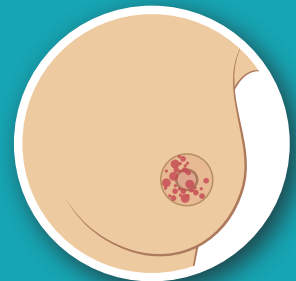
An abscess (infected boil) in your breast – this may appear as a red, tender area on your breast.



A change in the appearance of your nipple, such as the nipple flattening or sinking into your breast or turning inwards.



Bloodstained or watery discharge from either of your nipples.



A rash or eczema on or around your nipple.

**Don't be scared Don't delay**  
**Call your GP today**

Visit [www.hse.ie/cancerearlydetection](http://www.hse.ie/cancerearlydetection) for more information