



**Childhood  
Tumour  
Trust**

breast cancer awareness

# NF1 AND BREAST CANCER SELF-CHECK GUIDE

## NF1

**LOOK. FEEL. LEARN. DONE.**

### **N**EW CHANGES?

Is there a change in the size or shape of your breast?  
Is your nipple pulled or flattened, or is liquid coming from it?  
Are there changes in the skin such as puckering or dimpling?  
Is there constant or unusual pain in your breast or armpit?

### **F**EELS DIFFERENT?

Are there new lumps or thickening of your breast?  
Are there lumps or swelling in your armpit or around your collarbone?

### **1** TIME A MONTH

Pick a time that works for you and make it part of your routine.  
Why not set a monthly reminder!  
Checking once a month will help you to learn what's normal for you and spot any changes.

**ALL BOOBS ARE DIFFERENT!  
GET TO KNOW WHAT IS NORMAL FOR YOU**

If you notice any changes that don't feel normal get them checked by a medical professional.  
Checking your breasts regularly can help spot any changes and catch breast cancer early,  
which can mean improved outcomes.

<https://bit.ly/BreastCancerAndNF1>