



**SHN**

**NHS**



**1 in 3 women who get breast cancer are over 70, so don't assume you're past it.**

**Possible signs of breast cancer include:**

- A lump or thickening in your breast or armpit
- Changes to the skin of your breast
- Changes in the shape or size of your breast
- Nipple changes
- Nipple discharge
- Pain in your breast
- Any other unusual or persistent changes to your breasts

If you have any of the above symptoms, go and see your doctor straight away.