



**National
Breast Cancer
Foundation**

BREAST AWARENESS: A GUIDE FOR YOU

Regardless of your age and gender, it's important to be familiar with your breasts.

This means being familiar with how your breasts normally look and feel so that you can stay alert to any changes over time. Please note that this guide should not replace professional medical advice. If you have any concerns, you should see your doctor as soon as possible.

Know your normal – how your breasts normally look and feel

Use everyday opportunities to 'get to know' your breasts – such as showering, getting dressed, using body lotion or looking in the mirror. You don't need to use a special technique – you just need to feel all parts of your breast, including your armpit and up to your collarbone.

What to look out for

Breast changes that may indicate breast cancer include:



A new lump or swelling in the breast, especially if it's only in one breast



Unusual pain in the breast or nipple



A change to the size, shape and skin of your breast



Swelling or discomfort in the armpit or around the collarbone



A change to the nipple and/or nipple discharge



Anything that isn't normal for you

Don't ignore any breast changes

Most breast changes are not caused by cancer. However, you should still see your doctor without delay if you experience any breast changes.



Scan here
for more information
on breast screening
in Australia



IMPORTANT TO REMEMBER

- Breast cancer affects people at every age, including younger women under 40
- Men can get breast cancer too
- If you have a strong family history – talk to your doctor or local family cancer clinic

Anyone can get breast cancer, which is why being breast aware is so important.

As a community-funded organisation, we rely on amazing people like you to help us reach Zero Deaths from breast cancer.

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