



THIS HELPFUL BOOKLET GIVES A LITTLE GUIDE INTO BREAST CHANGES THAT CAN OCCUR DURING AND AFTER PREGNANCY.

**OPEN UP,
...IT'S NOT
SCARY!**



GET TO KNOW YOUR 'NORMAL'...

BE SURE TO MONITOR YOUR BREAST HEALTH DURING BREAST FEEDING OR EXPRESSING



IT'S GOOD PRACTICE TO MASSAGE YOUR BOOBS GENTLY DURING EXPRESSING... IT HELPS TO STIMULATE MILK GLANDS & YOU CAN CHECK FOR ANY CHANGES AT THE SAME TIME!

DURING LACTATION, THE BREASTS CAN BE 'LUMPIER'. ANY NEW LUMPS SHOULD BE DISCUSSED WITH A HEALTHCARE PROFESSIONAL.

LUMPS MAY BE BLOCKED MILK DUCTS, FOR EXAMPLE. IN WHICH CASE, YOU WILL BE SUPPORTED TO DRAIN THE BLOCKAGE WITH SELF-HELP METHODS



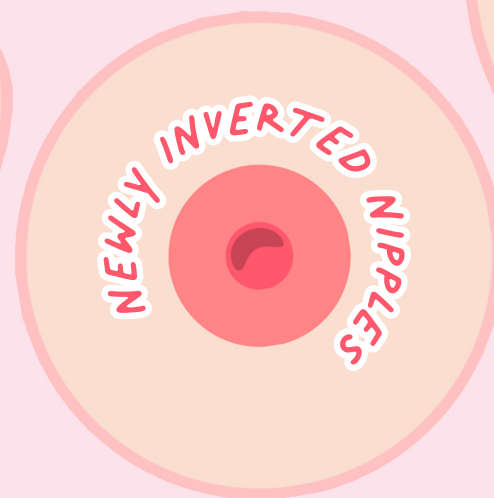
WHAT TO LOOK OUT FOR

IF YOU HAVE ANY OF THESE SYMPTOMS YOU SHOULD BE AWARE AND TELL YOUR G.P.



SOME OF THE HORMONES YOU PRODUCE IN PREGNANCY CAN SOMETIMES ACCELERATE THE GROWTH OF CANCER CELLS

YOUR BODY PRODUCES MORE OESTROGEN & PROGESTERONE DURING PREGNANCY WHICH CAN ACCELERATE THE GROWTH OF UNDETECTED BREAST CANCER



TREATMENT CAN BE GIVEN SAFELY IN PREGNANCY... SO DON'T PUT IT OFF!

IF IN DOUBT... GET IT CHECKED OUT!

IF A LUMP PERSISTS, SEEK A REFERRAL FROM YOUR GP

WHERE TO GO:

MIDWIFE

Speak to your midwife if you have any concerns

GP

Speak to your GP if you have any concerns

COPPAFEEL

coppafeel.org

MUMMY'S STAR

mummysstar.org

BREAST CANCER NOW

www.breastcancernow.org

FIGHTY PANTS

Instagram: [@CancerFightingPantsAreOn](https://www.instagram.com/CancerFightingPantsAreOn)