**Taking care of your breasts (September 2016) Know Your Breasts – Quick Guide**

This leaflet uses illustrations to show women how to check their breasts and the changes to look for. This leaflet (and the translations) are currently being reviewed.

[**Breast Cancer Care**](https://breastcancernow.org/information-support/publication/know-your-breasts-quick-guide-bcc211). 2pp. BCC211.

The following language versions are available to order or download**:** [**Arabic (2014) (BCC227);**](https://breastcancernow.org/information-support/publication/know-your-breasts-quick-guide-arabic-bcc227)[**Bengali (2014) (BCC217);**](https://breastcancernow.org/information-support/publication/know-your-breasts-quick-guide-bengali-bcc217)[**Gujarati (2016) (BCC219);**](https://breastcancernow.org/information-support/publication/know-your-breasts-quick-guide-gujarati-bcc219)[**Hindi (2016) (BCC218);**](https://breastcancernow.org/information-support/publication/know-your-breasts-quick-guide-hindi-bcc218)[**Punjabi (2014) (BCC226);**](https://breastcancernow.org/information-support/publication/know-your-breasts-quick-guide-punjabi-bcc226)[**Urdu (2017) (BCC216)**](https://breastcancernow.org/information-support/publication/know-your-breasts-quick-guide-urdu-bcc216)[**Welsh (2014) (BCC215)**](https://breastcancernow.org/information-support/publication/know-your-breasts-quick-guide-welsh-bcc215)