



FÉDÉRATION
Nourri-
Source

BREASTS OBSERVATION DURING BREASTFEEDING

(or shortly after stopping)



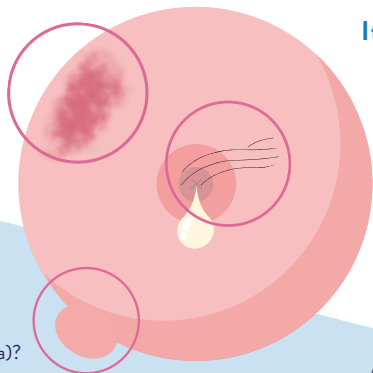
Quebec
Breast Cancer
Foundation

Localized redness, heat, sensitivity

Blocked duct?
Mastitis?

To the touch: bump, swelling with or without pain

Blocked duct?
Engorgement (with or without oedema)?
Mastitis?



Itching or peeling skin on the nipple or breast

Mammary candidiasis/thrush?
Contact dermatitis?

IT TENDS TO DISAPPEAR?

Continue to watch for other signs and
apply the recommendations related to
YOUR breastfeeding problems.

Are you concerned about your situation?
Talk to your Breastfeeding Support Volunteer or
consult the references on the reverse.



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It is important to validate information
with reliable sources related to
breastfeeding or breast cancer.

Are you wondering
about a sign?

1- Contact a Nourri-
Source Breastfeeding
Support Volunteer



2-Follow the INSPQ's
recommendations



3- Consult the
Fédération
Nourri-Source's
Breastfeeding
Ressources



It persists, you have no pain or other signs, you have
a fever or you have any doubts

CALL 811 OR CONSULT A PHYSICIAN



Quebec Breast
Cancer Foundation
SUPPORT HELP LINE
1-855-561-ROSE