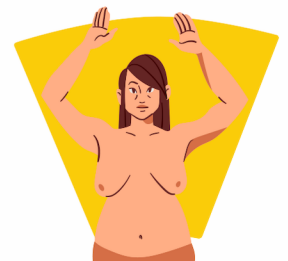
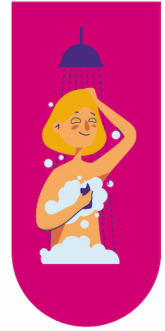


Breast Cancer

know what to look for

- Know your normal: check your breasts for changes every month.
- Check all parts of your breast, your armpits, and up to your collar bone.
- Feel for any lump, thickening or swelling.
- Look for any change in the size or shape of your breasts.
- Check for any red, tender areas.
- Look for any change to the skin on or around your nipples, or any discharge.



Call our Support Line on Freephone 1800 200 700
or email supportline@irishcancer.ie