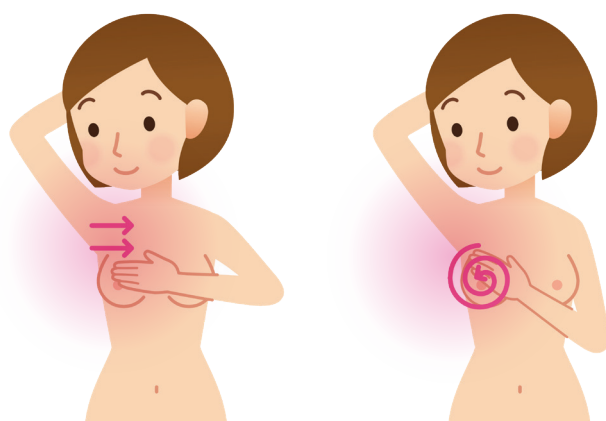


ARE YOU BREAST aware?

THIS MEANS KNOWING WHAT IS **NORMAL FOR YOU.**

- 1 Get to know what's normal for you – how your breasts look and feel.
- 2 Know what to look out for, like lumps or other changes to the look and feel of your breast or nipple.
- 3 Look for changes in the mirror and feel for changes, too. When you are in the shower, when putting on moisturiser or when lying down.
- 4 Check all parts of your breast, your armpits and up to your collar bone.
- 5 Discuss any changes with your doctor – without delay.



9 out of 10 breast changes won't turn out to be breast cancer, but it's important to go to your GP if you have any symptoms and get them checked out.

To speak to a cancer nurse call our Support Line
on Freephone 1800 200 700