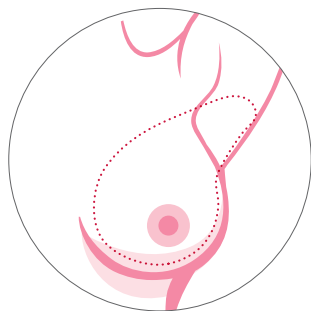


Be breast cancer aware

What should I look for?



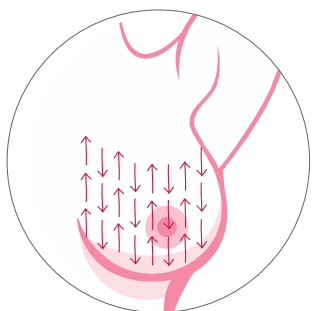
1. Perform **once a month**, 2–3 days after periods



2. Examine **breast and armpit** with a raised arm



3. Use **fingertips** with massage oil or shower gel



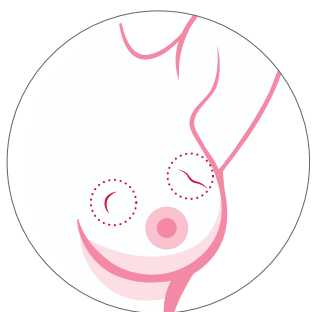
4. Up and down



5. Wedges



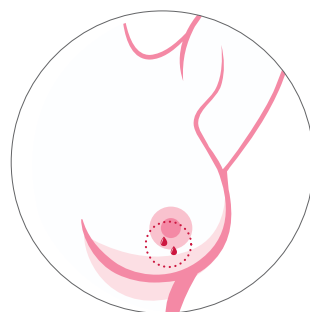
6. Circles



7. Examine breasts in the mirror for **lumps or skin dimpling**



8. Look out for **changes in skin or texture**



9. Examine for **nipple deformation, colour change or leaks of any fluid**

If you find a breast change that is unusual for you, we recommend that you see your doctor without delay