



Check your breasts!

LOOK

Early detection of breast cancer can greatly improve cancer outcomes by providing care at the earliest possible stage - Check now!

How to Breast Check

- 1** Any unusual change in the shape or size of one of your breasts.
- 2** If one breast has changed and become lower than the other.
- 3** Changes in skin colour or a rash around the nipple.
- 4** A nipple that has become pulled in or changed its position or shape, (retraction of the nipples is normal in some women).
- 5** Puckering or dimpling of the skin.
- 6** A lump or thickening within the breast or armpit.
- 7** Discharge from one nipple or both.
- 8** Constant pain in one part of the breast.

Remember, 9 out of 10 breast lumps are not cancerous!

Download a poster... just visit
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