

Checked your breasts lately?

It's as easy as

T L C



Touch. Touch both breasts.

You're feeling for any lumps or thickening in the breast even up to the collarbone and into the armpits.



Look. Look in a mirror.

Raise your arms above your head. Does this change the appearance of your breasts or nipples?



Check. Check with your doctor.

Check any breast changes with your doctor, even if you've had a mammogram recently.

Go to www.anychanges.co.nz
and watch our step-by-step guide.



Breast Cancer
Foundation NZ

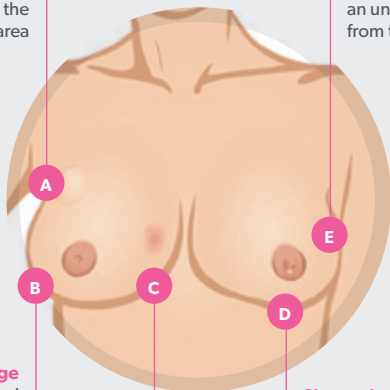
Be Breast Aware



Breast Cancer
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A new lump
or thickening in the
breast or armpit area

Nipple discharge
an unusual discharge
from the nipple



Nipple change
a newly inverted
(pulled in) or
retracted nipple

Shape change
a change in the breast
shape or size

Skin change
a change in the skin of the breast,
areola or nipple, e.g. colour,
dimpling, puckering or reddening

If you notice any new or unusual changes, show your doctor



For advice call our breast nurse, freephone **0800 BC NURSE**
(0800 226 8773) or visit www.breastcancerfoundation.org.nz



Are you aged between 45 and 69? Enrol for free mammograms
0800 270 200 or register online at www.timetoscreen.nz