

# Be Breast Aware



Breast Cancer  
Foundation NZ

# Be



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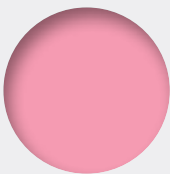
**2mm**

Size of the  
smallest cancer  
found by regular  
mammogram



**14.5mm**

Average size of  
cancer found by  
regular mammogram



**22mm**

Average size of  
cancer found by  
chance

**Please see your doctor if you notice  
any new or unusual changes such as**

- A lump or thickening in the breast tissue
- Nipple discharge
- A newly inverted nipple
- Dimples, puckering or dents
- A change in colour, reddening or inflammation
- Unusual pain or tenderness

Consider an annual screening  
mammogram from the age of 40-49,  
then every two years from 50.

**45-69 years old?** Enrol for free two-yearly  
mammograms. **0800 270 200** or  
**[www.timetoscreen.nz](http://www.timetoscreen.nz)**



**Need advice?**

**0800 BC NURSE** (0800 226 8773)  
**[breastnurse@bcf.org.nz](mailto:breastnurse@bcf.org.nz)**

**[www.breastcancerfoundation.org.nz](http://www.breastcancerfoundation.org.nz)**