

CHECKED YOUR BREASTS LATELY?



IT'S AS EASY AS **TLC**



T TOUCH

both breasts. You're feeling for any lumps or thickening in the breast tissue, even up into the armpits.



L LOOK

in front of a mirror. Can you see any physical changes to the breast shape, skin or nipples?



C CHECK

any breast changes with your doctor. Even if you've had a mammogram recently.



W WATCH

Actress Jacqueline Nairn shows you how at anychanges.co.nz

BE BREAST AWARE

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

A new lump

or thickening of the tissue in the breast, armpit or collarbone area

Unusual Pain

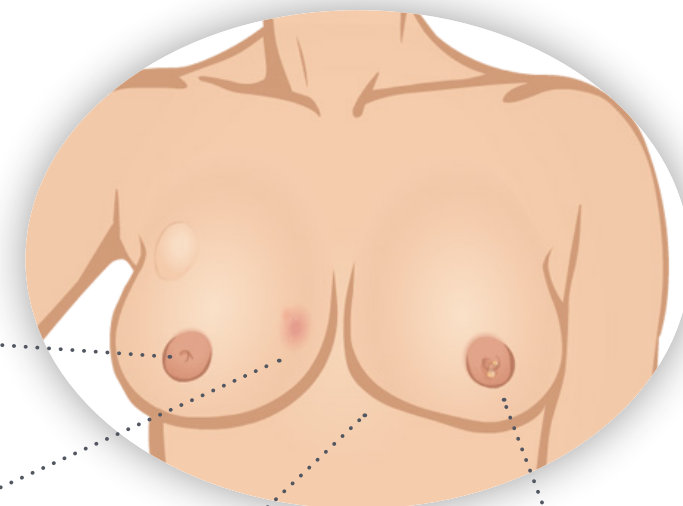
Breast pain which won't go away

Nipple change

A newly inverted (pulled in) or retracted nipple

Skin change

A change in the skin of the breast (e.g. colour, dimpling, puckering or reddening) or flaky, scaly skin on the nipple and/or areola



Shape change

A change in the breast shape or size

Nipple discharge

A discharge from the nipple that occurs without squeezing

For advice call Breast Cancer Foundation NZ on **0800 BC Nurse** (0800 226 8773) or visit www.breastcancerfoundation.org.nz



Are you 45-69? Enrol for free mammograms on 0800 270 200. **Mammograms save lives.**