

Be breast aware



Experiencing a change in your breasts doesn't mean you have cancer. There could be many other explanations. However, it's a good idea to have regular screening and to get checked out by a specialist if you notice anything different. The diagram below explains why, when, and how to examine your breasts so that you're aware of any changes.

Why?

Early diagnosis can make a **significant difference** to the outcome.

When?

Incorporate monthly breast checks into your routine - **it could save your life.**

How?

- 1 Soapy fingers glide easily over wet skin in the shower. Use your fingers to examine one breast at a time.
- 2 Don't miss any area including behind your nipple, breastbone, collarbone, upper chest, bra line, between breasts and your armpit.
- 3 Feel for any unusual lump mass or thickening under the skin. Move your fingers in a circular motion whilst doing **lines**, **wedges** and **circles**.



Lines



Wedges



Circles

If you have any concerns, contact us today to book an appointment at our One Stop Breast Clinic:

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