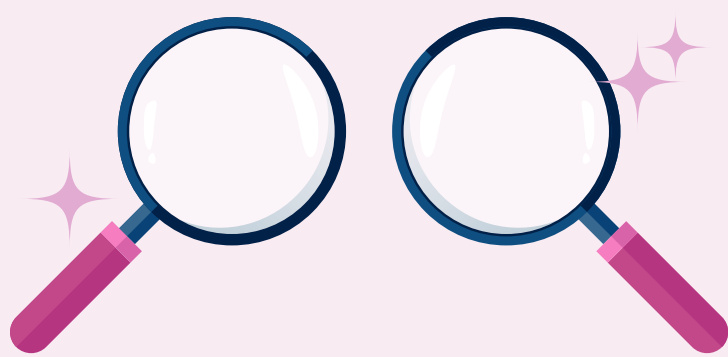


SELF-CHECK GUIDE:

Breast Health Starts with Awareness

Breast awareness is for everyone.

Knowing what's normal for your body can help you notice changes and seek advice early.



Get to know your normal

Be familiar with how your chest and breast area normally look and feel



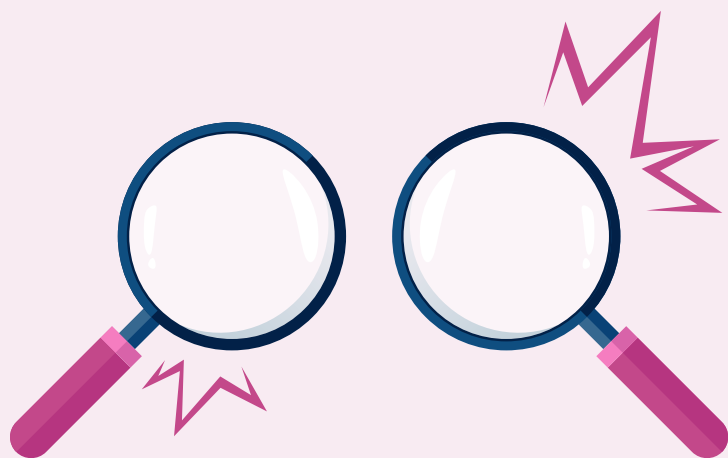
Look for changes

Notice any changes in size, shape, skin texture, or the appearance of your nipples



Feel for anything unusual

While showering, dressing or relaxing, be aware of new lumps, thickening, or changes that weren't there before



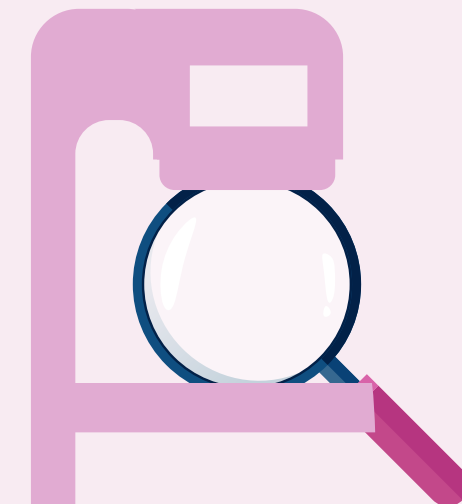
Watch for other signs

Look out for: nipple discharge (when not breastfeeding), persistent pain in the breast or nipple area, redness, dimpling or puckering of the skin



Don't wait

Most breast changes are not cancer, but it's important to have any new or unusual change checked by your GP



Stay up to date with screening

Free breast screening is available from age 40. If you're aged 50–74, a screening mammogram every 2 years is recommended

KNOW YOUR NORMAL – NOTICE CHANGES – DON'T SKIP YOUR SCREENING