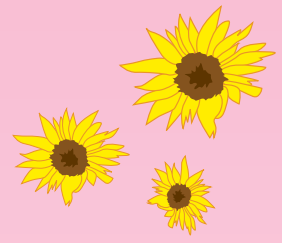


YOUNG WOMEN...

get breast cancer too!



KNOW THE SYMPTOMS



Common signs of cancer in young adults are unexplained and persistent

- pain
- lump, bump or swelling
- significant weight loss
- extreme tiredness
- changes in a mole

(Teenage Cancer Trust)

BREAST CANCER SYMPTOMS

- breast lumps (most common)
- breast thickening
- dimpling/puckering of the breast
- breast changes (e.g., size, shape, skin)
- breast swelling, redness, warmth or pain
- nipple changes (e.g., nipple inverts)
- nipple discharge/leaking



- symptoms that may appear from the spread of breast cancer (e.g., bone pain, neurological symptoms)

TAKE CARE OF YOURSELF ❤️



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teamshan.ca

