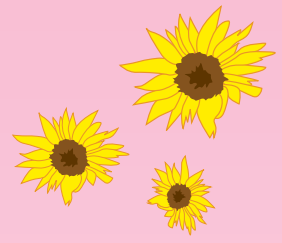
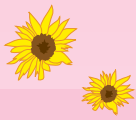


YOUNG WOMEN...

get breast cancer too!



Remember
know your breasts...
know your normal...
check 'em often...
watch for changes!!



**9,000 YOUNG ADULTS ARE DIAGNOSED WITH
CANCER EVERY YEAR IN CANADA (15-39)**

5 COMMON SIGNS OF CANCER UNEXPLAINED AND PERSISTENT

- pain
 - significant weight loss
 - changes in a mole
 - lump, bump or swelling
 - extreme tiredness
- (Teenage Cancer Trust)



Assess Your Breast Cancer Risk

SELF CARE

- be breast aware
- eat well
- live smoke free
- get active
- limit alcohol
- choose a healthy lifestyle
- maintain a healthy weight
- avoid second hand smoke
- reduce emotional stress
- breastfeed your babies



TAKE CARE OF YOURSELF ❤️



visit
teamshan.ca

