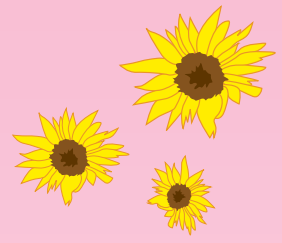


YOUNG WOMEN...

get breast cancer too!



Know your body...
know your breasts...
check 'em!!

BE BREAST AWARE

- there is no one way to check 'em, discover what works for you and check 'em (e.g., shower, bath)
- look in the mirror to help you know your breasts
- feel your breasts to discover what is normal for you
- use gentle to firm pressure with the pads of your fingers to feel all your breast tissue
- remember breast tissue extends up to the collar bone and under your armpits
- know your normal and check 'em often
- watch for unusual breast or nipple changes (e.g., size, shape, texture, lumps, discharge, pain)
- seek medical attention for any breast cancer symptom or unusual breast changes



TAKE CARE OF YOURSELF ❤️



visit
teamshan.ca

