

BREAST CANCER...

not just a disease of older women



**KNOW
YOUR
BODY**

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



**8600 YOUNG ADULTS ARE DIAGNOSED WITH
CANCER EVERY YEAR IN CANADA (15-39)**

5 COMMON SIGNS OF CANCER

UNEXPLAINED AND PERSISTENT

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

(Teenage Cancer Trust)



SELF CARE

- be breast aware
- choose a healthy lifestyle
- eat well
- maintain a healthy weight
- live smoke free
- avoid second hand smoke
- get active
- limit alcohol use



TAKE CARE OF YOURSELF ❤️



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