

BREAST CANCER...

not just a disease of older women



**KNOW
YOUR
BREASTS**

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



BE BREAST AWARE

- there is no one way to check 'em, discover what works for you and check 'em
- 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 ❤️



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