

# Prevention is in your hands

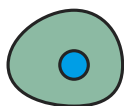
Breast cancer is more than just a lump



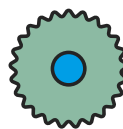
The appearance of a lump that didn't exist before



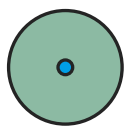
Liquid secretions from the nipple



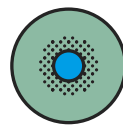
Changes to the size and shape



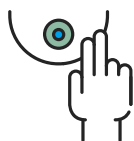
Ulcers, colour changes and skin alterations



Depressed nipple



Redness or stinging



Breast pain



A lump under the arm

It will not take you more than 5 minutes...



Place one hand behind your head and make circular movements with your fingertips moving from the armpit to the nipple.



Lying down, with a pillow under your head, repeat the above movements.



Squeeze the nipple and observe whether any abnormal liquid emerges.

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