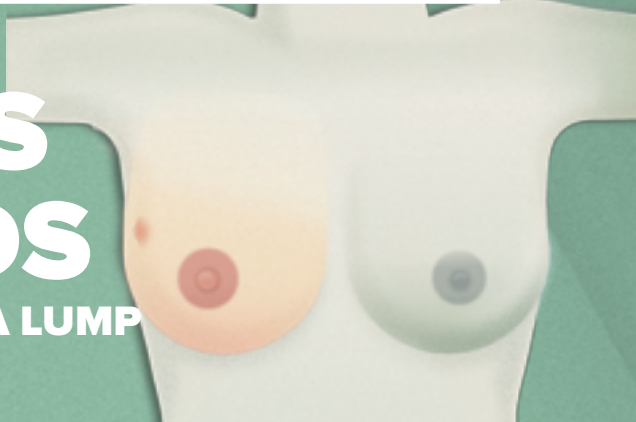



PREVENTION IS IN YOUR HANDS

BREAST CANCER IS MORE THAN JUST A LUMP



- 1.**  **The appearance of a lump that didn't exist before**
- 2.**  **Liquid secretions from the nipple**
- 3.**  **Changes to the size and shape**
- 4.**  **Ulcers, colour changes and skin alterations**
- 5.**  **Depressed nipple**
- 6.**  **Redness or stinging**
- 7.**  **Breast pain**
- 8.**  **A lump under the arm**

Did you know that..



- ✓ 1 in 8 women will develop breast cancer at some time during their lives.
- ✓ Only 1 in 6 women diagnosed with breast cancer visit their doctor with a complaint other than a lump.
- ✓ Regular gynaecology check-ups can help diagnose the disease before any of the symptoms appear.
- ✓ The survival rate has improved in the last 20 years for cases diagnosed early.
- ✓ Avoiding being overweight, reducing alcohol consumption and smoking, and performing exercise are factors that can prevent breast cancer.

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.

