

LINES

BE BREAST AWARE

Why?

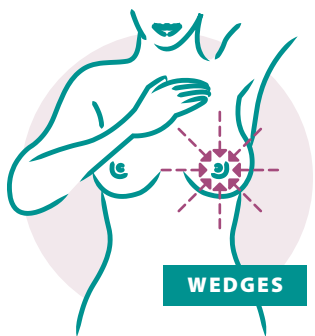
Breast cancer is the **most common cancer** for women in the UK and early diagnosis can make a significant difference to the outcome.

When?

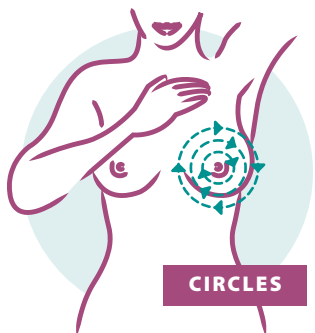
Incorporate monthly breast checks into your routine – **it could save your life.**

How?

- 1 | Soapy fingers glide easily over wet skin in the shower. Use your fingers to examine one breast at a time.
- 2 | Don't miss any area including behind your nipple, breastbone, collarbone, upper chest, bra line, between breasts and your armpit.
- 3 | Feel for any unusual lump, mass or thickening under the skin.



WEDGES



CIRCLES

Move your fingers in a circular motion whilst doing **lines, wedges and circles.**