



B R A S

THE BASICS YOU NEED TO KNOW

Be breast aware. If you have any breast changes, see your doctor.

1 A new lump
A new lump or thickening in the breast or armpit area

2 Nipple change
A newly inverted (pulled in) or retracted nipple

3 Skin change
A change in the skin of the breast, areola or nipple, e.g. colour, dimpling, puckering or reddening

4 Shape change
A change in the breast shape or size

5 Nipple discharge
A discharge from the nipple that occurs without squeezing

Reduce your risk of breast cancer

- B** **Be breast aware** from **20**, know how your breasts normally look and feel. Understand your family history. If your mum or sister had breast or ovarian cancer, talk to your doctor.
- R** **Reduce your risk** through alcohol free days, regular exercise and maintaining a healthy body weight.
- A** **Act** on unusual breast changes, show your doctor promptly.
- S** **Screening mammograms** every year from **40** to find cancer early before a lump can be felt. Ageing increases your risk.



Please share B R A S with the women in your life.

For more information or to make a donation please visit our website.
www.nzbcf.org.nz

Need advice?

0800 BCNurse (0800 2268 773)

Start annual mammograms from 40. If you're 45-69 with no symptoms, enrol for your **free mammogram with BreastScreen Aotearoa, free phone 0800 270 200.**