



Breast Cancer
Foundation NZ

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.breastcancerfoundation.org.nz

Need advice?

 **0800 BCNurse (0800 2268 773)**

Consider 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.



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B R A S

THE BASICS YOU NEED TO KNOW

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.

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

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

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

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

Shape change
A change in the breast shape or size

Nipple discharge
A discharge from the nipple that occurs without squeezing

