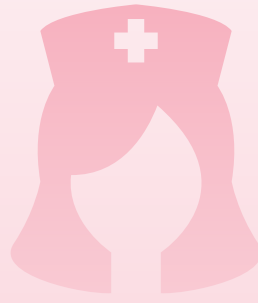


# Want advice from a breast care nurse?



Our specialist breast care nurse is here to answer your questions about breast cancer or breast health.

## Need advice?

Our specialist breast care nurse will respond to any breast related questions confidentially; whether you're someone with breast cancer, a support person, health professional or just concerned about breast health.

While we welcome your call, this service should not replace the advice of your medical practitioner.

## Possible signs of breast cancer

If you notice any of the following breast changes, show your doctor promptly.

### 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

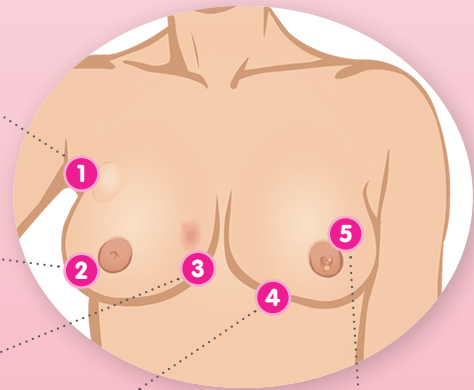
A change in the skin of the breast, areola or nipple, e.g. colour, dimpling, puckering or reddening

### Shape change

A change in the breast shape or size

### Nipple discharge

A discharge from the nipple that occurs without squeezing



We welcome your call.

 **0800 BCNurse**

For further information or to make a donation to the New Zealand Breast Cancer Foundation, visit [www.nzbcf.org.nz](http://www.nzbcf.org.nz). This free advice line needs your support.

Ph: 0800 2268 773, Email: [breastnurse@nzbcf.org.nz](mailto:breastnurse@nzbcf.org.nz) Message us at Facebook/NZBreastCancerFoundation [www.nzbcf.org.nz](http://www.nzbcf.org.nz)