





THE NEW ZEALAND
BREAST CANCER
FOUNDATION

Breast Awareness

Be Breast Aware!

Be aware of how your breasts look and feel ...

-  what is normal for you,
-  what changes to be aware of.

Remember: Notice any new or unusual changes. It could be a thickening of the skin, a discharge from the nipple, a reddening or rash that won't go away, dimpling of the skin, a change in the nipple, ... if you are worried, please see your health professional.

Breast X-rays (Mammograms) & Breast Screening

A screening mammogram is the best method for the early detection of breast cancer in women with no symptoms. The New Zealand Breast Cancer Foundation recommends women consider an annual screening mammogram from age 40-49 years then every two years from age 50.

BreastScreen Aotearoa provides free screening to women aged 45-69 every two years. **Call 0800 270 200** to enrol.

Nine out of ten breast lumps are not cancerous

**The New Zealand
Breast Cancer Foundation**

Phone: 0800 902 732
Web: www.nzbcf.org.nz



2mm

Size of the smallest cancer found by regular mammogram*



14.5mm

Average size of cancer found by regular mammogram*



15.6mm

Average size of cancer found by a first mammogram*



22mm

Average size of cancer found by chance*

* These figures are for cancers found by *BreastScreen Aotearoa*