

# CHECKED YOUR BREASTS LATELY?



THE NEW ZEALAND  
BREAST CANCER  
FOUNDATION

IT'S EASY AS **TLC**



**T TOUCH**

both breasts. You're feeling for any lumps or thickening of the tissue, even up into the armpits.



**L LOOK**

in front of a mirror. Can you see any physical changes to the breast shape, skin or nipples?



**C CHECK**

any breast changes with your doctor. Even if you've had a mammogram recently.



**▶ WATCH**

Actress Jacqueline Nairn show you how at [anychanges.co.nz](http://anychanges.co.nz)

# BE BREAST AWARE

If you notice any new or unusual changes, show your doctor.

## A new lump

or thickening of the tissue  
in the breast, armpit or  
collarbone area

## Unusual pain

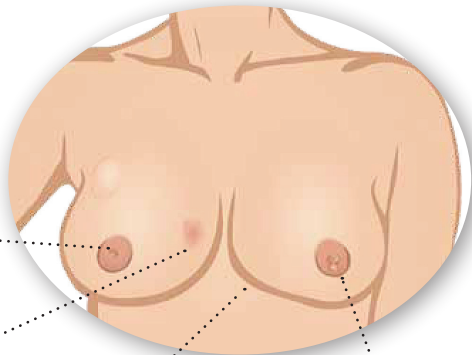
Breast pain which  
won't go away

## Nipple change

A newly inverted (pulled in)  
or retracted nipple

## Skin change

A change in the skin of the  
breast, e.g. colour, dimpling,  
puckering or reddening, or  
flaky, scaly skin on the nipple  
and/or areola



## Shape change

A change in the breast  
shape or size

## Nipple discharge

A discharge from the nipple  
that occurs without squeezing

For advice call The New Zealand Breast  
Cancer Foundation on **0800BCNurse**  
(0800 2268 773) or visit [www.nzbcf.org.nz](http://www.nzbcf.org.nz)



Are you 45-69? Enrol for free  
mammograms on 0800 270 200.  
**Mammograms save lives.**