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Need advice?

Call our breast nurses on **0800 BC NURSE** (0800 226 8773) **breastnurse@bcf.org.nz**



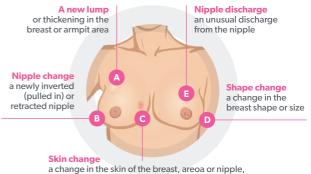
Reduce your risk

Be breast aware. From 20, know how your breasts normally feel.
Understand your family history. If your mum or a close relative had breast or ovarian cancer, talk to your doctor.

Reduce your risk. Make healthy lifestyle choices, have alcohol free days, exercise regularly and maintain a healthy body weight.

Act promptly. Show your doctor any unusual breast changes straight away.

Screening mammograms. BCFNZ recommends regular screening mammograms every year from 40 to find cancer early, before a lump can be felt. Ageing increases your risk.



a change in the skin of the breast, areoa or nipple e.g. colour, dimpling, puckering or redding