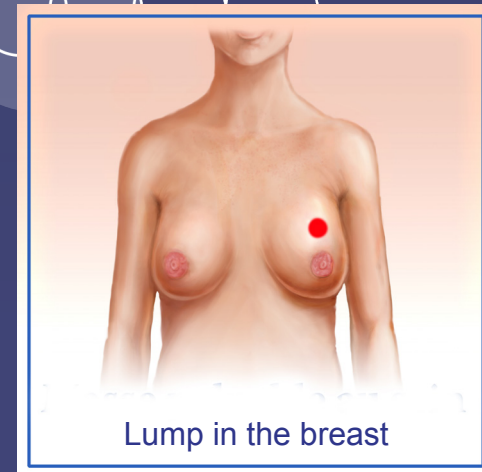
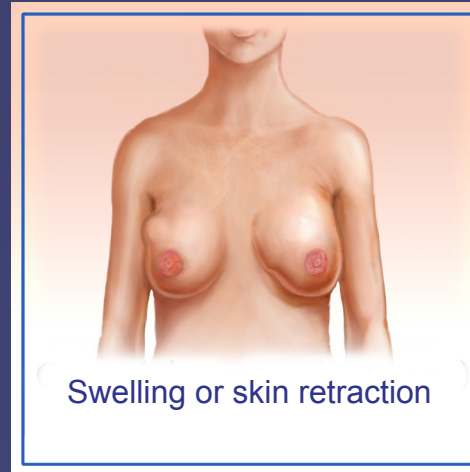


Be Breast Aware

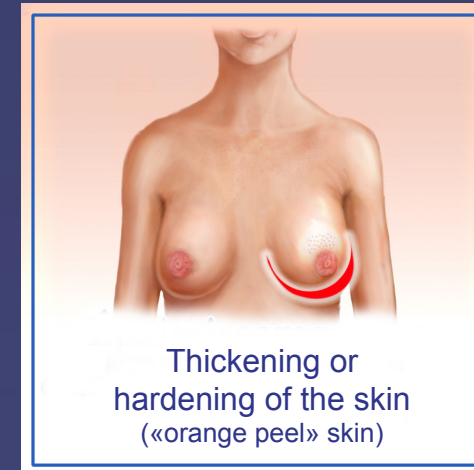
- 1 I know what is normal for me.
- 2 I look and feel.
- 3 I know what changes to look for.
- 4 I report any changes without delay.
- 5 Starting at age 50, I undergo a screening mammogram exam every two years.



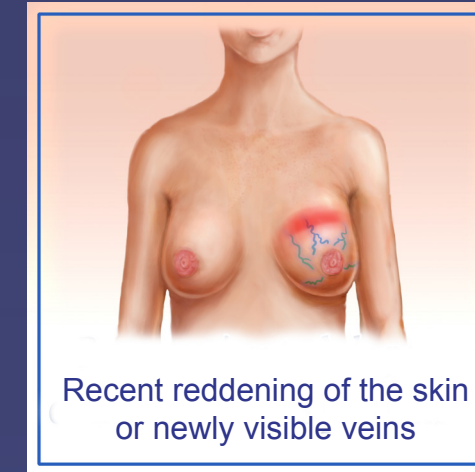
Lump in the breast



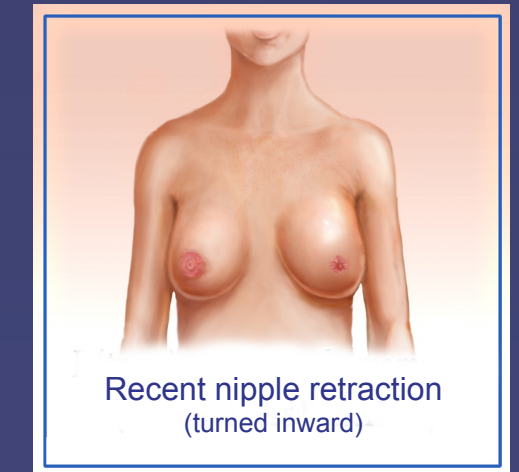
Swelling or skin retraction



Thickening or hardening of the skin («orange peel» skin)

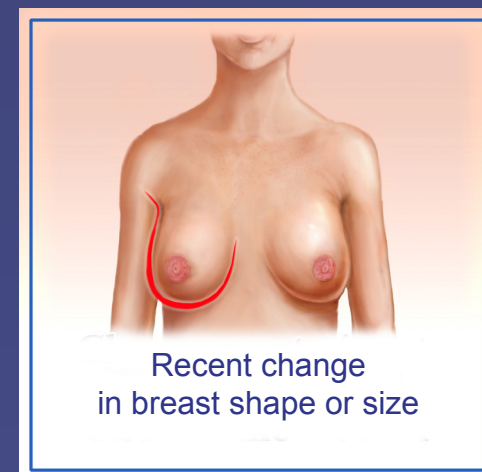


Recent reddening of the skin or newly visible veins

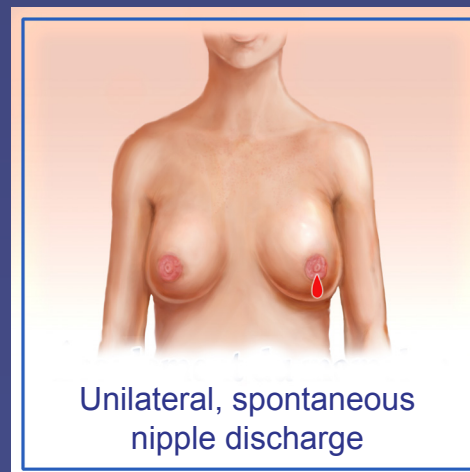


Recent nipple retraction (turned inward)

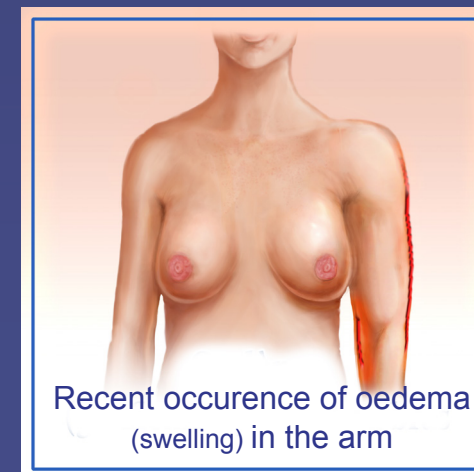
If I notice any of these changes, I talk to my doctor without delay.



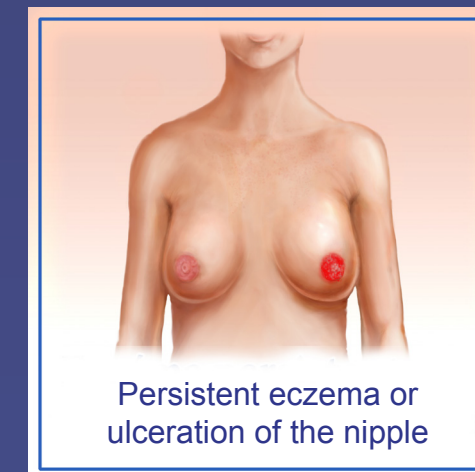
Recent change in breast shape or size



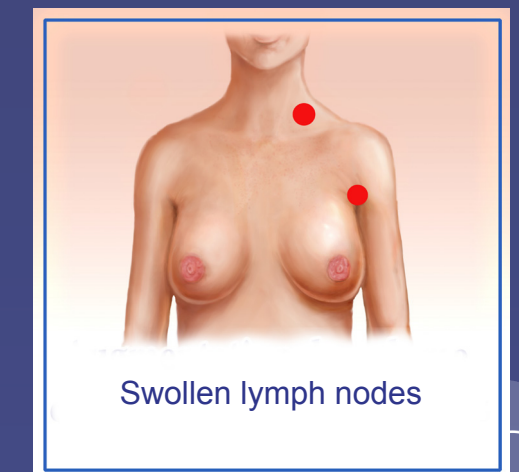
Unilateral, spontaneous nipple discharge



Recent occurrence of oedema (swelling) in the arm



Persistent eczema or ulceration of the nipple



Swollen lymph nodes



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