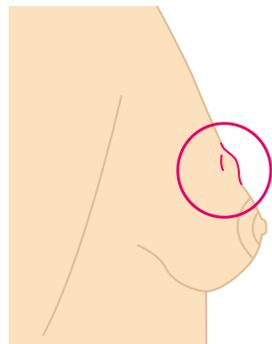


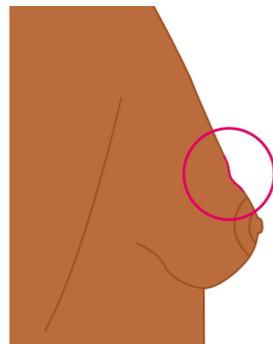
DID YOU NOTICE ANYTHING UNUSUAL?

Keep calm - most changes are not dangerous. Check again after your next menstrual cycle. If it's still there, consult your doctor or health professional.

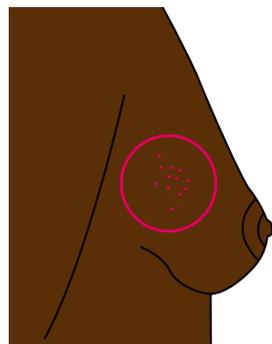
WHAT TO LOOK FOR



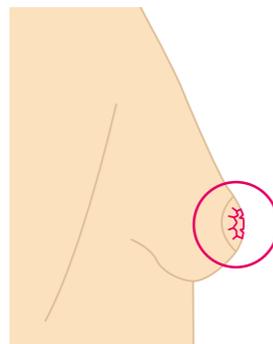
Lumps, knots, thickenings
Lumps, hardened knots or thickenings in the breast tissue can be a sign of breast cancer. They can occur right under the skin, in the middle of the breast or in the deep tissue near the bones.



Changes in size or shape
Unusual changes in size, contour or shape should be checked. The same is true for distortions or swellings. Keep in mind that your left and right breast might look different. Know what is normal for you.



Skin changes
There should be no strange wrinkling or bulging of the skin. Get checked if there is any persistent redness, soreness or rash, especially if only on one side.



Nipple discharge
The nipple should look normal to you, and should be free from irritation. Check for unusual discharge of fluid or blood.

WHAT WE KNOW ABOUT BREAST CANCER

Fact 1: Often curable

If detected and treated early, breast cancer can often be cured through medication, radiation and surgery. If the disease has progressed it might not be curable, but it can still be treated and controlled.

Fact 2: Not contagious

Breast cancer cannot be transmitted from one person to another through physical contact. You can shake hands, kiss, make love, hug or have your grandchild sit on your lap without being afraid.

Fact 3: Causes unclear

Although we learn more about the disease every day, it is not yet completely clear what causes breast cancer. If you get breast cancer, you should know that it is not your fault!

Fact 4: A family thing

Breast cancer occurs in some families more often than others because it can be passed on through genes. If you have a close relative with breast cancer, such as a mother or sister, you should be alert.

Fact 5: Risk factors

Smoking, alcohol, and obesity can increase the risk of getting breast cancer.

Fact 6: Cancer and death

If breast cancer is not treated, it will spread from the breast throughout the body, eventually leading to death.

Fact 7: A common disease

Breast cancer is the most common cancer among women. Worldwide more than 2 million women were diagnosed with breast cancer in 2018.

Fact 8: Age

The older you are, the higher your risk of developing breast cancer. Nevertheless, women at all ages should check their breasts.

Fact 9: Men

It is rare, but men can get breast cancer too and should check themselves. If you notice anything unusual, see your doctor.

Fact 10: Know your body

Checking yourself regularly helps you know your body and notice changes early. Stay healthy for yourself and your family!



Breast Cancer Awareness

CHECK YOUR BREASTS – SAVE YOUR LIFE

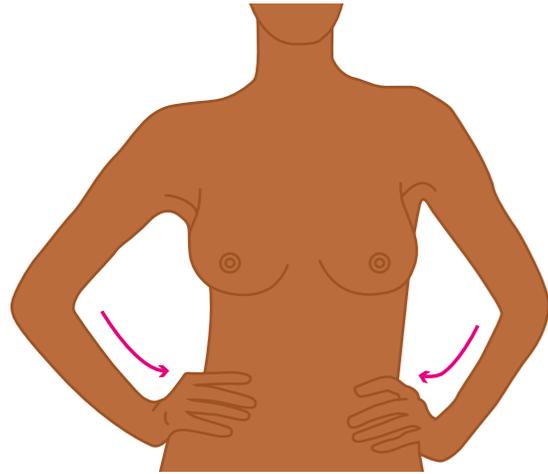
EARLY DETECTION SAVES LIVES

The earlier breast cancer is treated, the greater the chance of long-term survival. Regular self-checks can help you detect problems earlier and get treatment faster.

CHECK YOURSELF STEP BY STEP

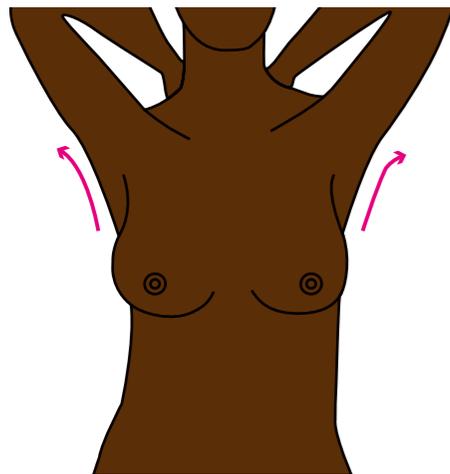
Step 1: Begin

Start in an upright position, hands on your hips. Look at your breasts with the help of a mirror, your mobile phone, or a friend.



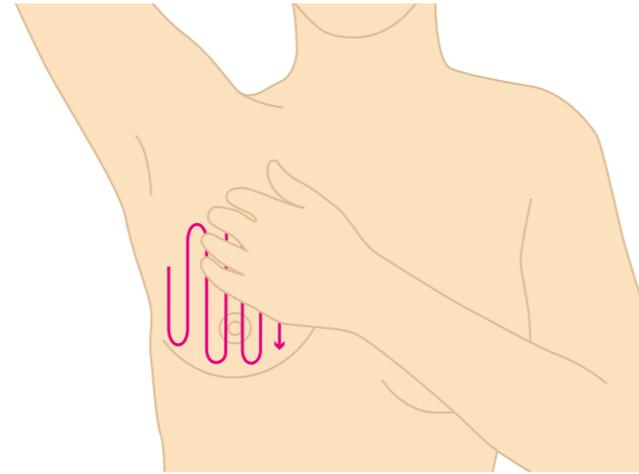
Step 2: Look

Do you see any changes in size, shape or colour? Swelling? Puckering of the skin? Raise your arms and check again.



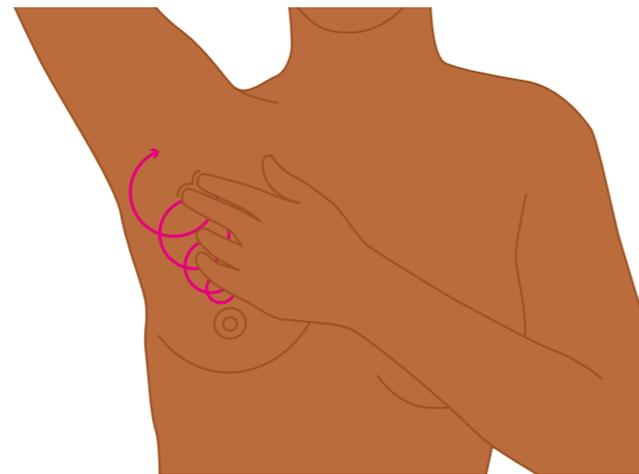
Step 3: Feel

Use the pads of your fingers and feel your breast. Follow a pattern. Feel for lumps, hardened knots and thickenings.



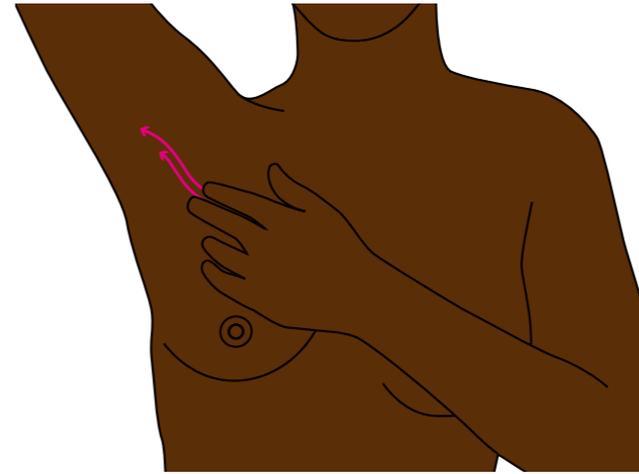
Step 4: Circles

Keep your fingers together and flat. Move in small circles. Repeat using light, medium and firm pressure. With firm pressure you should feel your ribcage.



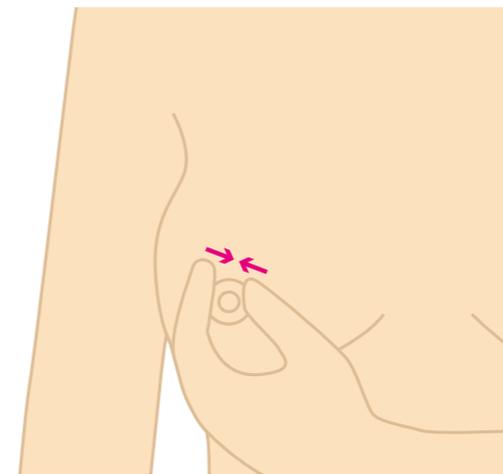
Step 5: Armpit

Cover all the way up to your armpit. The left hand feels the right side and the right hand feels the left side.



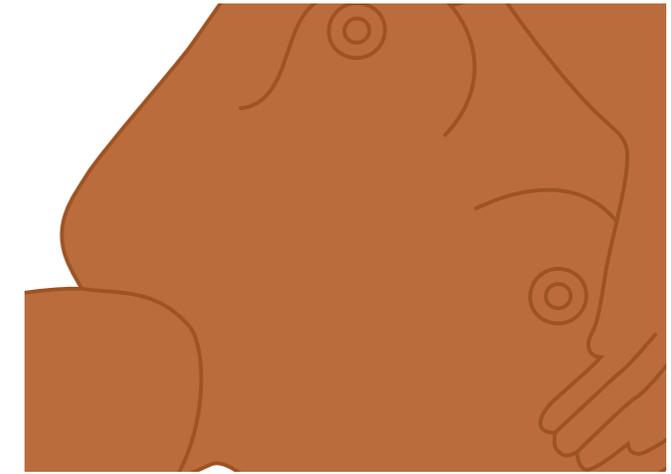
Step 6: Nipple

Squeeze the nipple. Is there any unusual discharge?



Step 7: Lie down

Lie down so the tissue spreads out evenly. Repeat the examination of your breasts.



Step 8: Shower

You can do your self-check under the shower. Sometimes it's easier when the breast is wet and soapy.

