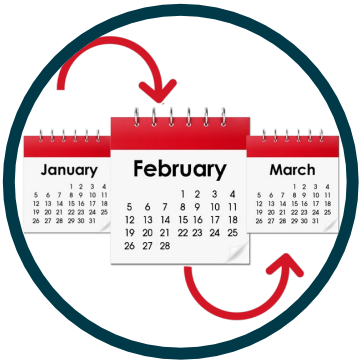
Ace Anglia

CoppaFeel!

6 Important Facts About Breast Cancer

When **checking yourself** you should both **look** AND **feel** your **breasts**.

When checking your breasts you should also **check right up to your collarbones** and **underneath your armpits**.



You should **check once a month**.

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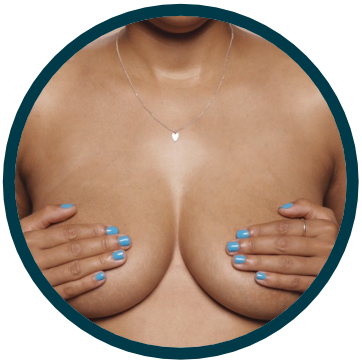
6 Important Facts About Breast Cancer

If you notice a **change to your breasts that isn't normal** for you, you should **speak** to a **healthcare professional** or somebody you trust.

You can **check anywhere that is comfortable** for you; in the **shower**, **lying down**, **standing up**, in front of the **mirror**.



Breast cancer affects people of **all ages** and **genders** because **everybody has breast tissue**.