

LOOKING AFTER YOUR BREASTS



**Find breast cancer early
and survive.**

How can I find breast cancer early?

The good news is there are things that you can do to find breast cancer early:

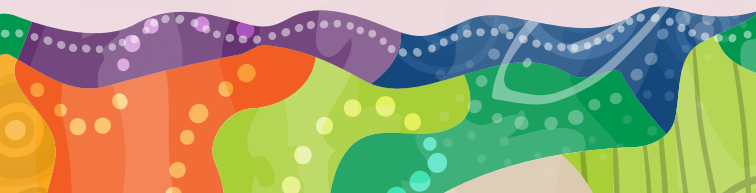
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Get to know the normal look and feel of your breasts.

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Have a free breast screen every two years for women aged 50 - 74 years.

Breast cancer is the most commonly diagnosed cancer in Aboriginal and Torres Strait Islander women.



How can I get to know the normal look and feel of my breasts?

You don't need to be an expert or know a special way to check your breasts. You can do this as part of everyday activities such as dressing, looking in the mirror, or showering.

All women should do this regularly; daughters, mothers, aunties and grandmothers.

What changes should I look out for?

There are a number of changes you should look out for:

- A new lump or lumpiness
- A change in the size or shape of your breast
- A change in the nipple
- Discharge from the nipple
- Any unusual pain
- A change in the skin of your breast

What should I do if I find a change?

Most breast changes are NOT due to cancer. If you find a change in your breast that is new or usual for you, visit your local health centre without delay.

Where do I go to have a breast screen?

BreastScreen Australia provides free breast screening for women 50-74 years and has services in all states and territories. To find out more call 13 20 50.

**FIND IT EARLY
AND SURVIVE.**



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LABB 01/16