

Be Breast Aware



**Breast Cancer
Foundation NZ**

Be



Breast Cancer
Foundation NZ

Breast Aware



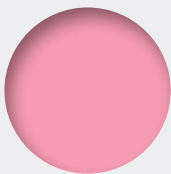
2mm

Size of the
smallest cancer
found by regular
mammogram



14.5mm

Average size of
cancer found by
regular mammogram



22mm

Average size of
cancer found by
chance

**Please see your doctor if you notice
any new or unusual changes such as**

- A lump or thickening in the breast tissue
- Nipple discharge
- A newly inverted nipple
- Dimples, puckering or dents
- A change in colour, reddening or inflammation
- Unusual pain or tenderness

Consider an annual screening
mammogram from the age of 40-49,
then every two years from 50.

45-69 years old? Enrol for free two-yearly
mammograms. **0800 270 200** or
www.timetoscreen.nz



Need advice?

0800 BC NURSE (0800 226 8773)
breastnurse@bcf.org.nz

www.breastcancerfoundation.org.nz