



Be breast aware

Breast cancer is the most common cancer for New Zealand women, so every woman needs to be breast aware from the age of 20.

Your risk of breast cancer increases as you get older.

- Know what is normal for your breasts
- Check your breasts monthly for changes
- Report any changes immediately to your doctor
- Consider regular mammograms once you turn 40. **Enrol with BreastScreen Aotearoa for free mammograms once you turn 45.**

Do not wait for your next mammogram before acting on breast changes. See your doctor.



Are you aged between 45 and 69?
Enrol for FREE 2-yearly mammograms with BreastScreen Aotearoa **0800 270 200** or register online at www.timetoscreen.nz



**share knowledge.
spread hope.
save lives.**

For more resources and information contact us at breasthealth@bcf.org.nz or visit www.breastcancerfoundation.org.nz



Need advice?
Call our breast nurse on **0800 BC NURSE (0800 226 8773)**

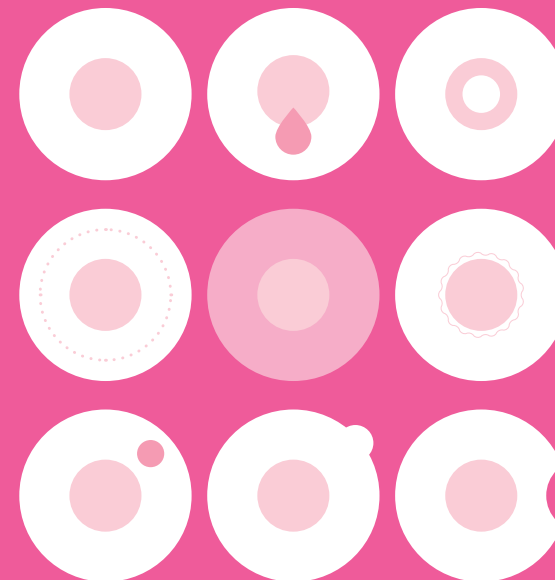


Breast Cancer Foundation NZ's vision is zero deaths from breast cancer. Our mission is to push for new frontiers in early detection, treatment and support.

Breast Cancer Foundation NZ,
PO Box 99650, Newmarket, Auckland 1149



Real Signs of Breast Cancer



Contains graphic images.

For more information
0800 BC NURSE (0800 226 8773)
www.breastcancerfoundation.org.nz

Breast Cancer is not always a lump

When breast cancer starts, there may be no pain or symptoms. As the cancer grows, however, symptoms may appear. These need to be checked by your doctor.

You might find a lump in your breast, your armpit area or around your collarbone. Or you might notice a thickening in your breast tissue that feels different to the rest of your breast.

A lump or bump is not always a sign of breast cancer, but you need to show your doctor to have it ruled out.

Be alert for:

- any new lumps
- changes in your breast shape
- changes in your breast size
- unusual pain that won't go away
- any of the visual signs on the following page

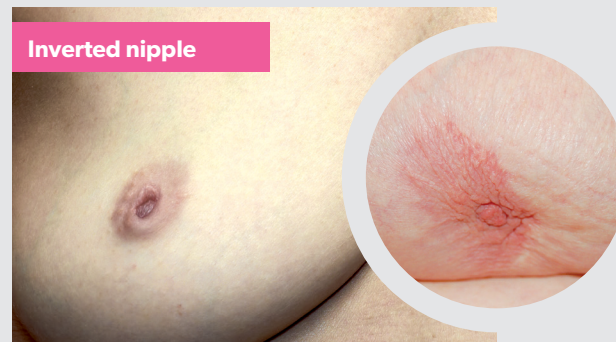
If you notice any of these changes, see your doctor urgently.



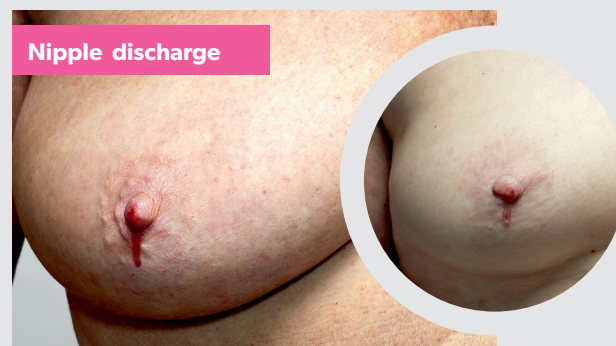
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Look for these signs...



A newly retracted or turned-in nipple.



A discharge from your nipple, either bloodstained or clear.



Dimples, puckering or dents which can appear anywhere, even on the underside of the breast.



Crustiness on or around the nipple, a red rash or flaky, scaly skin. There may be some itching or burning.



A change in breast colour, reddening or inflammation. The breast may be swollen and the skin may look like orange peel because the pores stand out in the inflamed area.

Know your normal

It's normal for your breasts to be a different size or shape from each other. If you know what your breasts normally look and feel like, you can detect changes early.

Breasts change throughout your life, often due to the effects of hormones. Hormones can also make your breasts feel different at certain times of the month - for example, just before a period they may feel lumpy and tender. As you get older, your breasts may become smaller and feel softer.