Breast
Awareness

Breast Awareness

Checking you breasts can help detect the early signs of cancer.

S	M	T	W	Th	F	S

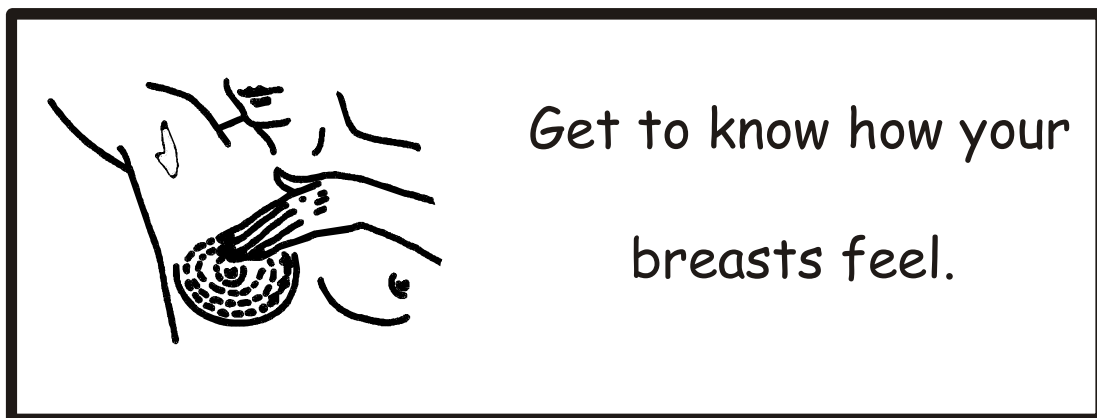You should check your breasts once a month.

Get to know how your breasts feel.

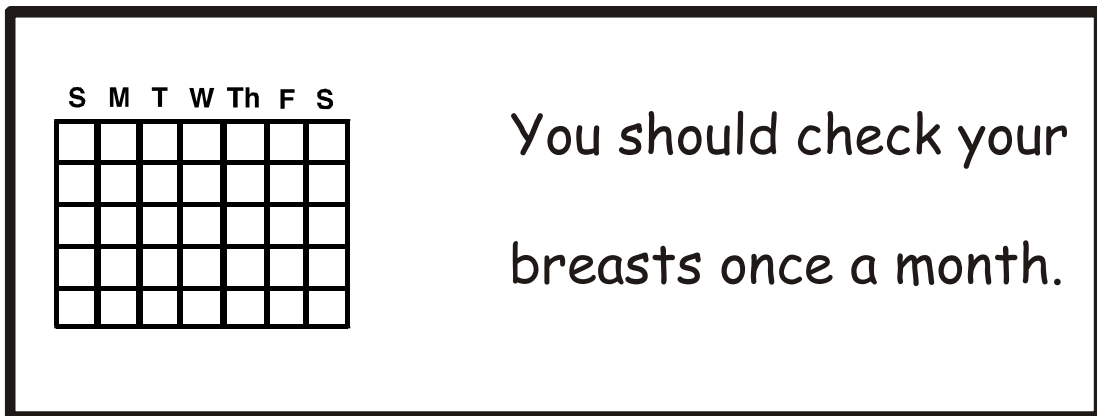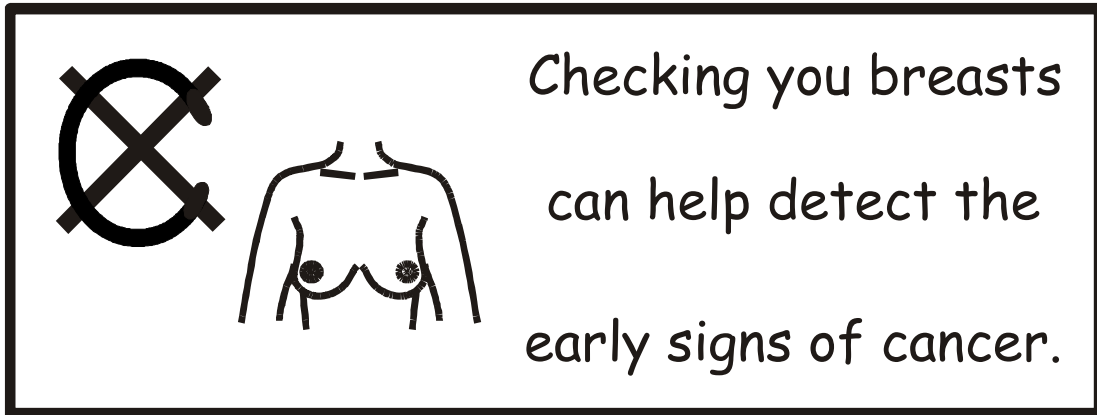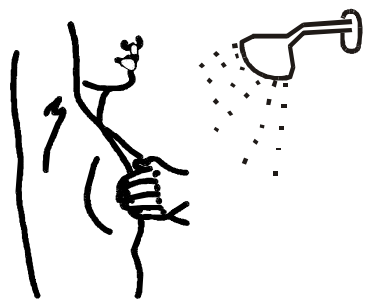# Breast Awareness

Check your breasts in a warm bath or shower.

Check by looking and feeling.

See your doctor if you notice any changes.