



Breast Cancer
Foundation NZ

Please share



with the women in your life

For more information or to make a donation please visit our
website www.breastcancerfoundation.org.nz



Need Advice?

Call our breast care nurse on **0800 BC NURSE** (0800 226 8773).
Visit www.anychanges.co.nz to find out more.



The basics you need to know

Reduce your risk

B

Be breast aware. From 20, know how your breasts normally feel. Understand your family history. If your mum or a close relative had breast or ovarian cancer, talk to your doctor.

R

Reduce your risk. Make healthy lifestyle choices, have alcohol free days, exercise regularly and maintain a healthy body weight.

A

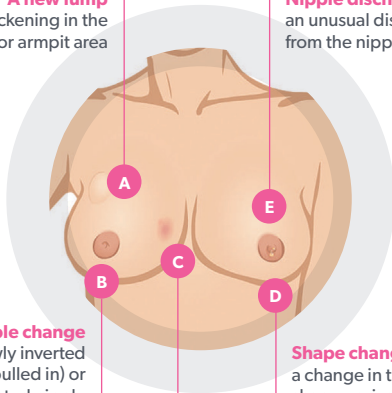
Act promptly. Show your doctor any unusual breast changes straight away.

S

Screening mammograms. BCFNZ recommends regular screening mammograms every year from 40 to find cancer early, before a lump can be felt. Ageing increases your risk.

A new lump
or thickening in the
breast or armpit area

Nipple discharge
an unusual discharge
from the nipple



Nipple change
a newly inverted
(pulled in) or
retracted nipple

Shape change
a change in the breast
shape or size

Skin change
a change in the skin of the breast,
areola or nipple, e.g. colour, dimpling,
puckering or reddening