



THE NEW ZEALAND
BREAST CANCER
FOUNDATION

Checked your breasts lately?

IT'S EASY AS **TLC**



T TOUCH

both breasts.
You're feeling
for any lumps or
thickening of the
skin even up into
the armpits.



L LOOK

in front of a
mirror. Can you
see any physical
changes to the
breast shape,
skin or nipples?



C CHECK

any breast
changes with
your doctor. Even
if you've had
a mammogram
recently.



W WATCH

Shortland Street's
Jacqueline Nairn
show you how at
anychanges.co.nz



For advice call The New Zealand
Breast Cancer Foundation on
0800BCNurse (0800 2268 773),
or visit www.nzbcf.org.nz

Are you 45-69? Enrol for free mammograms
with BreastScreen Aotearoa on **0800 270 200**.

Mammograms save lives.