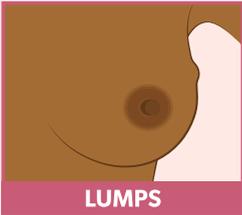


KIA ORA KOE

SAVE YOUR LIFE

in the time it takes to get changed

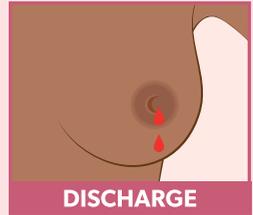
CHECK YOUR BREASTS NOW FOR SIGNS OF BREAST CANCER



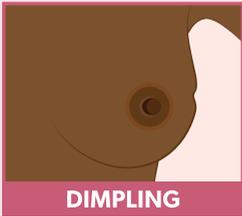
LUMPS



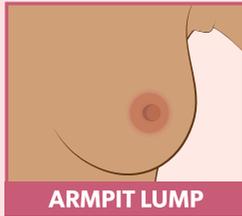
SWELLING



DISCHARGE



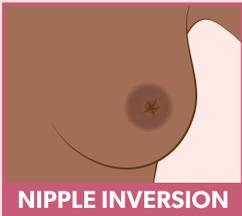
DIMPLING



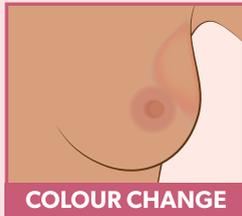
ARMPIT LUMP



RASH



NIPPLE INVERSION



COLOUR CHANGE



UNUSUAL PAIN

IF YOU NOTICE ANYTHING UNUSUAL

Tell someone and see your doctor or nurse as soon as possible to get it checked out

EARLY DIAGNOSIS SAVES LIVES



Download the
PRE CHECK app
bcf.org.nz/precheck



Breast Cancer
Foundation NZ

