



Registered charity number 1054459

# Breast Cancer Kent

would like to help you be

## ‘Breast Aware’

Early diagnosis means that women  
can walk away from breast cancer.

Please take a look through our simple, step by step guide  
and share with your friends so that they can be breast aware too.





1. Check your breasts twice a month.  
Try to avoid the time of your period.



2. A good time to check is in the shower or bath. Using the flat of your fingers, slowly massage around the breasts with some shower gel.  
Check for any unusual lumps or bumps.



3. Don't forget your underarms.



4. Check in the mirror.

Study the contours of the breasts making sure they are smooth without tethering or dimpling of the skin.

Check the nipples for any change in shape or for any rashes.

Check your bra and nightwear for any spontaneous nipple discharge.



5. Any concerns, just ask your doctor.  
It is *never* a waste of their time.

6. But let's not forget about the men.  
Gentlemen, men can also suffer from breast cancer.  
So Bill makes sure he is breast aware too!



Breast Cancer Kent is a local charity.  
We raise money to improve the lives of people diagnosed with breast cancer in Kent.  
From state-of-the-art equipment and innovations in breast care  
to well-being programmes for aftercare.

Find out more by visiting us at [www.breastcancerkent.org.uk](http://www.breastcancerkent.org.uk).

To donate, you can text **BREA27** £amount to **70070**  
or you can find us at [www.virginmoneygiving.com](http://www.virginmoneygiving.com)

We are all volunteers so every penny raised goes straight to our cause.

Thank You