



Breast Cancer
Foundation NZ

Checked your breasts lately?

IT'S AS EASY AS **TLC**



T TOUCH

both breasts. You're feeling for any lumps or thickening in the breast tissue, 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

Actress Jacqueline Nairn shows you how at www.anychanges.co.nz



For advice call Breast Cancer Foundation NZ on 0800 BC Nurse (0800 226 8773) or visit www.breastcancerfoundation.org.nz

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

Mammograms save lives.