

Ladies, have you noticed any:

- Lumps in your breast or in your armpit?
- A change of skin colour on your breasts or nipples?
- Wrinkles on your breast?
- Is there blood or discharge from your nipple or has your nipple changed shape?
- Has your breast dramatically increased in size?

Don't be ashamed, go and see your local nurse or doctor for a check-up if you have **any** of these symptoms.

The earlier breast cancer is found, the greater your chance of survival.