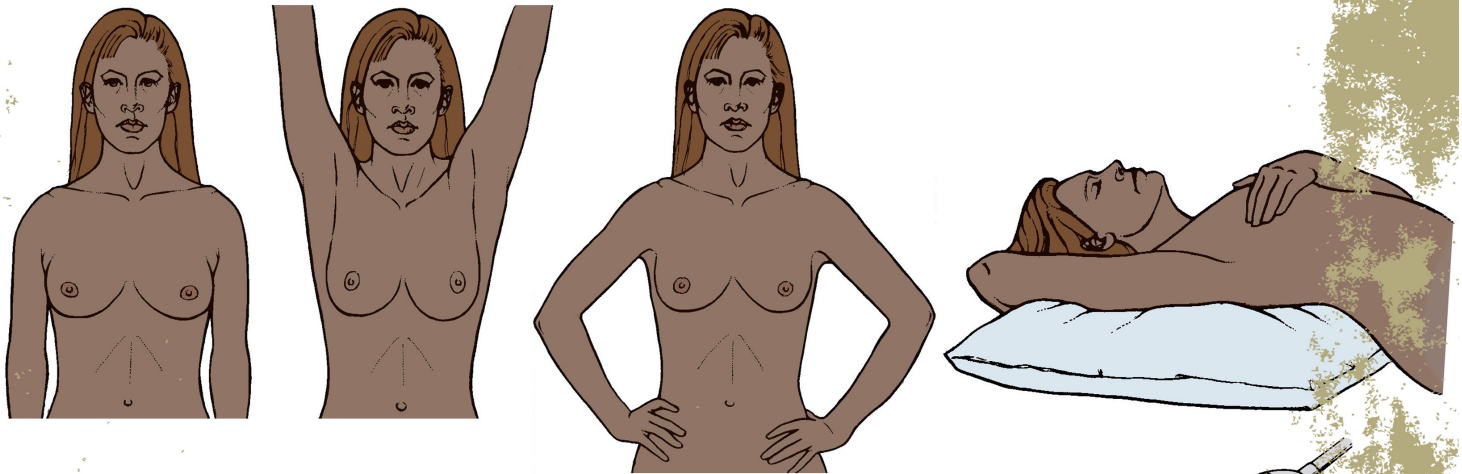


# Ladies, have you checked your breasts recently for lumps?



**If you are not sure how to do this, follow this simple guide:**

- Use a mirror to see if you can see any changes in the shape or colour of your breasts.
- If none, check again with your arms raised above your head.
- Once you have done this, lie down on your bed or the ground and firmly feel your left breast using the palm of your right hand in a circular motion. Do the same for your right breast using the palm of your left hand. Make sure you check your whole breast.
- Repeat the above process while standing.



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.**