



# CHECK YOUR BOOBIES

It's **quick**. It's **easy**.  
And it could **save your life**.  
TOGETHER, LET'S GIVE BREAST CANCER THE BIRD.

## 5 Steps to Check Your Boobies



**1.**  
**Look for changes in size or shape**  
One breast looking different to the other?  
Any sudden changes?



**2.**  
**Feel for lumps or anything unusual**  
Check your whole breast and underarm  
area with the flat of your fingers.



**3.**  
**Watch for skin changes**  
Dimpling, puckering, rashes, or redness  
are important signs.



**4.**  
**Check your nipples**  
Look for changes in position, discharge,  
inversion, or anything unusual.



**5.**  
**Notice pain or swelling**  
Ongoing pain, swelling, or discomfort in  
the breast or armpit shouldn't be ignored.