

PINK IS THE COLOUR OF LOVE OF LIFE OF HOPE OF CARE WE SUPPORT.

AKD are proudly supporting the McGrath Foundation this Breast Cancer Awareness Month to ensure that no one goes through breast cancer without care.



CHECK
YOURSELF TO
PROTECT
YOURSELF

PROUDLY SUPPORTING McGrath
foundation

How to check your breasts

Part of good breast health understanding means getting to know your breasts, so you know what's normal for you. It's about actively taking care of your pair! Once you're familiar with how your breasts look and feel you'll be able to pick up any changes.

Follow this simple process and remember to repeat each month:

Look



at the shape and appearance of your breasts and nipples in the mirror with your hands by your sides. Raise your arms above your head and have another look.



Feel



all of your breasts and nipples, looking for anything that isn't normal for you. Feel from your collarbone to below the bra-line and under your armpit too.



Learn



what is normal for you! Breasts come in all different shapes and sizes.



If you have any questions or concerns contact your local GP or healthcare professional. For more information visit mcgrathfoundation.com.au