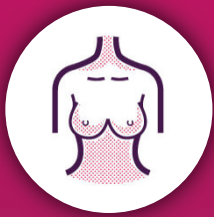


# IF YOU GROW THEM, KNOW THEM!

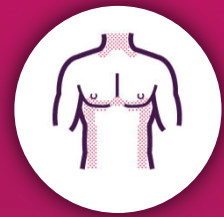
Part of good breast health understanding means getting to know your breasts, so you know what's normal for you. It's about actively *taking care of your pair!*

## HOW TO CHECK YOUR BREAST/CHEST



### 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.



**CHECK  
YOURSELF TO  
PROTECT  
YOURSELF**

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