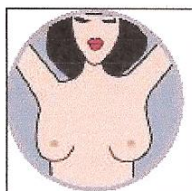


But survival rate can come down to 50% if the tumour's diameter is 3mm or more

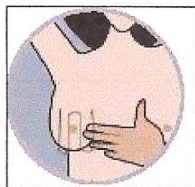
Touch Look Check



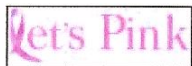
IN THE SHOWER Raise your right arm over your head and check your right breast with the finger pads of your left hand. Repeat with the opposite side



BEFORE THE MIRROR Check for changes such as puckering, dimpling, size differences or any nipple discharge on breasts. Raise your arms over your head and do the same



WHEN LYING DOWN Lie on your back and place your right hand behind your head and check your right breast with the finger pads of your left hand. Using circular and updown movements, cover the entire breast area, extending to the underarm and shoulder bone. Repeat with the opposite side



October is Breast Cancer Awareness Month. Let's Pink is a movement to raise awareness on the disease and its prevention