



October is Breast Cancer Awareness Month

Breast Cancer Kent together with Bonny would like to help you be
'Breast Aware'

Just follow our five simple steps. Early diagnosis means that women can walk away from breast cancer.

Please share with your friends and perhaps you would like to donate £3 to Breast Cancer Kent.

Text BREA27 £3 to 70070.

Thank You.

1. Check your breasts twice a month.

Try to avoid the time of your period.



2. A good time to check is in the shower or bath.

Using the flat of your fingers, slowly massage around the breasts checking for any unusual lumps or bumps.



3. Don't forget your underarms.





4. Check in the mirror.

Study the contours of the breasts making sure they are smooth without tethering or dimpling of the skin. Check the nipples for any change in shape or for any rashes. Check you bra and nightwear for any spontaneous nipple discharge.



5. Any concerns, just ask your doctor.

It is *never* a waste of their time.



6. But let's not forget about the men.

Gentlemen, men can also suffer from breast cancer.

So Bill makes sure he is breast aware too.

