

KNOW YOUR NORMAL.

A MONTHLY REMINDER TO CHECK YOUR BREASTS!

WHERE?

You can do it anywhere; in front of a mirror, lying down or in the shower with wet, soapy hands.

HOW?

There isn't a specific way to check your breasts, just be consistent, and make it a part of your monthly routine.

WHAT TO LOOK FOR



COLOUR

Redness?

FEEL
Warm? Itchy?



TEXTURE

Thickening in the skin?
New lump? Dimpling?

SHAPE
Swollen? Changes in
only one breast?



NIPPLE

Turned inward? Discharge?
Crust? Rash?

We encourage you to **#knowyournormal**.

This will help you notice any sudden changes. Don't panic, be aware. If you are experiencing any abnormalities that don't feel right to you, contact a health care professional.

For more information, visit www.curefoundation.com