


# Check Your Breasts Table Tent Card

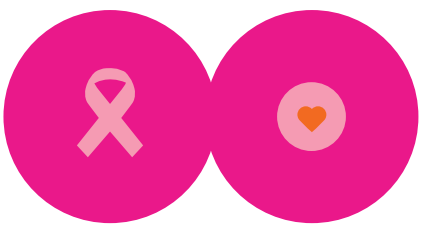
Print your table tent card at home, or at a print store.

Cut out the tent card pages and fold along the marked lines.

Apply glue or double-sided tape to the tabs and attach the pages edge-to-edge, forming a triangle shape when upright.



**The easy  
*3 step recipe*  
for checking  
your breasts.**



← Fold line



**Servings:** 1

**Ingredients:** Mirror

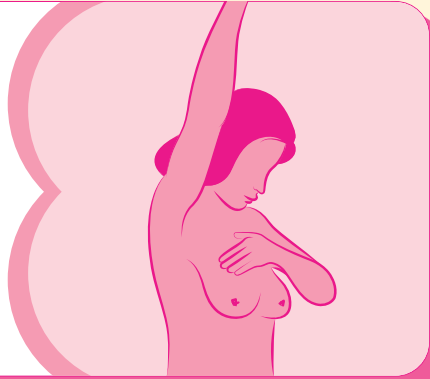
**Total check time:** Under 10min

**Check frequency:** Monthly

## Method

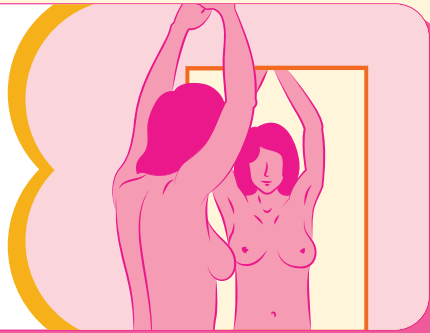
**1**

Raise one arm above your head. With three fingers press into your breast, feeling for lumps, lightly at first and then deeper. Check from collarbone to under your breast, up the side and into your armpit. Repeat on the other breast.



**2**

Stand in front of a mirror with hands on hips and look at your breasts noting any changes in their size, shape or colour. Then raise your arms above your head to check underneath the breast.



**3**

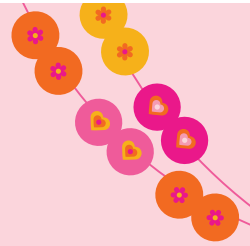
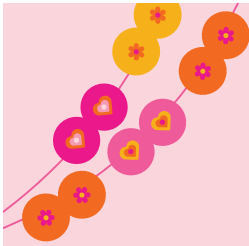
If there is a change to your normal, it's important not to ignore this and get checked by a GP. Some changes won't be cancer, but should still be checked.



### Notes

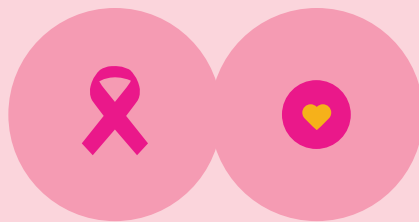
If you have larger breasts, it may be easier to check when you're lying down, so your breast tissue lies flat across your chest.

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**Knowing the normal  
look and feel of your  
breasts could  
*save your life.***

**Self-check regularly.**



**Need advice?**

0800 BC NURSE (0800 226 8773)  
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