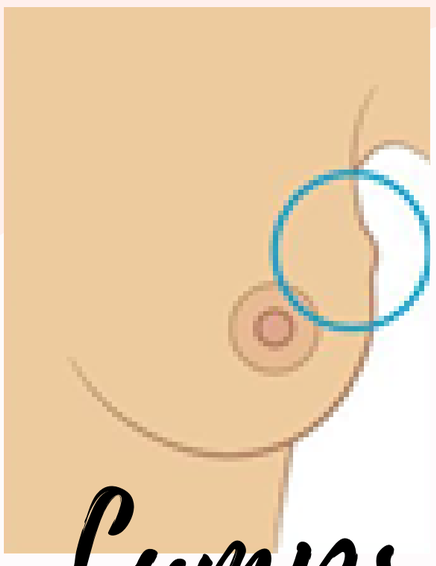
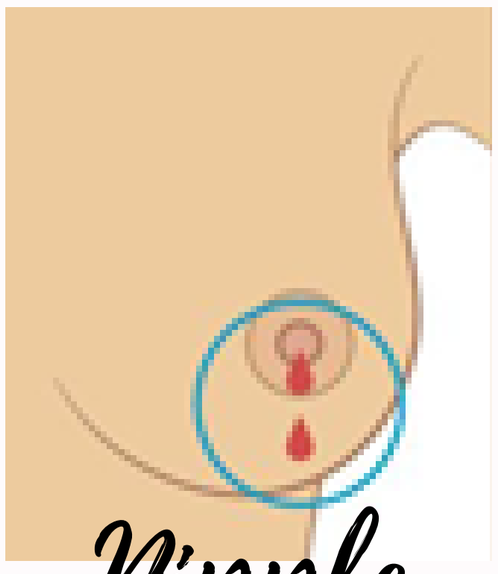
LET'S BE AWARE

"Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important."

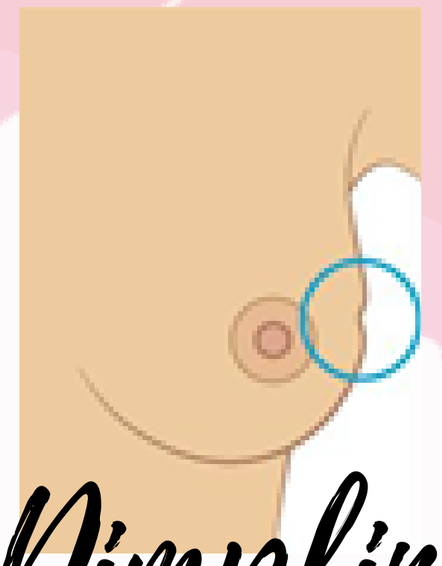
Early detection is PREVENTION. Check for any changes in your breasts and contact your doctor if you notice:



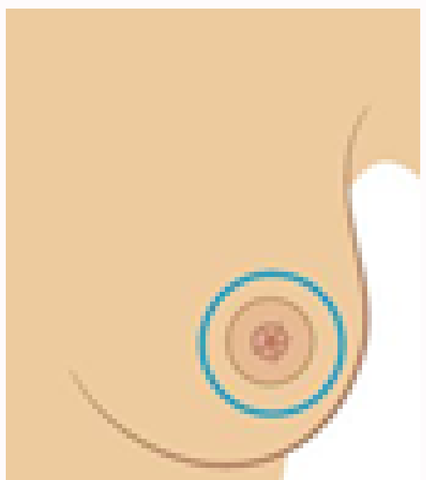
Lumps



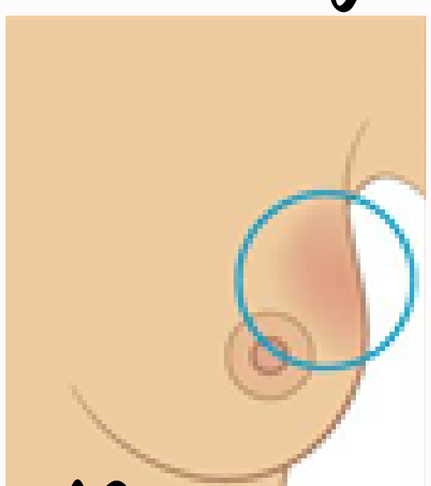
Nipple discharge



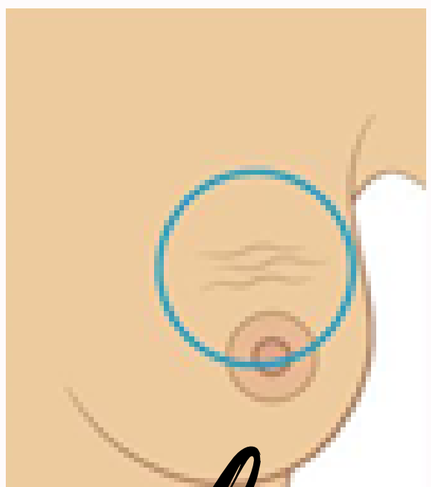
Dimpling



Nipple inversion



Redness



Skin changes

Public Health
Prevent.Promote.Protect.

CDC
Centers for Disease Control and Prevention

American Cancer Society®

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