

PREVENTION BREAST CANCER



you can exercise breast cancer prevention by doing these

1 in 8
women



will be diagnosed with
breast cancer in
their lifetime in the UK



DO YOU KNOW THE SIGNS?



Prevention of Breast Cancer

Do you know the symptoms of Breast Cancer ?

Symptoms of breast cancer may include

- a lump or area of thickened tissue in either breast.
- a change in the size or shape of one or both breasts.
- discharge from either of your nipples (which may be streaked with blood)
- a lump or swelling in either of your armpits.
- dimpling on the skin of your breasts.

Breast Cancer Screening is the best way to protect yourself. Don't forget to consult the doctor if you have a change in your breast.

To join one of our workshops please contact Nazrin
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