

WE LOVE BOOBIES!



Your breasts deserve special attention, don't they? Say hello to the girls every month, one week after your period.

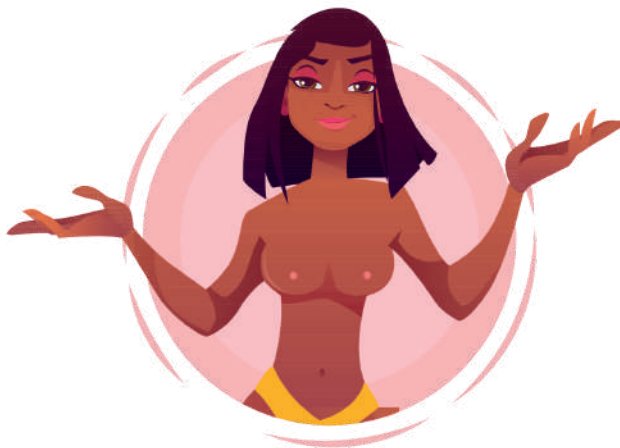
HELLO, BEAUTIFUL!

Get to know your boobs. REALLY get to know them! They should be as recognizable as your face. There is no shame in loving and looking at your body!



INSPECT 'HER BREASTS!

Keep an eye out for any changes. Stand in front of a mirror. Your inspection should take into account any changes in the appearance of the skin, the size and shape of your breasts, the presence of discharge. Palpate the left breast with the right hand, and vice versa, once with your hands are on your hips (top model!) then your arms above your head. Finish with the axillary hollows (armpits) in search of a lump (lymph node).



The average size of a mass detected by autopalpation is the size of a €2 coin. A lump detected by mammography is sometimes even smaller than the eraser on a pencil.

Just relax ! One more time...
TOUCH YOUR BOOBIES !

This information does not replace a professional examination and advice from a health care practitioner.

BREAST STROKE

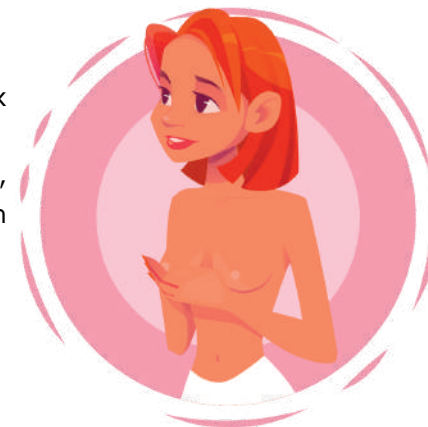


The inspection continues! Standing in the shower or lying in the bathtub, use your fingertips to press around your breasts to detect any suspicious lumps.

BOOBIE TRAP

Avoid these pitfalls:

1. No excuses! Check your girls!
2. No, it's not fun, but cancer is even less.



DO NOT FORGET...



Any change should be brought to the attention of your doctor or gynecologist.

From the age of 50, a mammography is required, sometimes earlier if there is a family history.