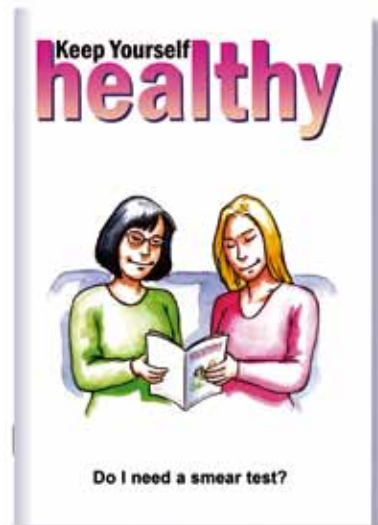
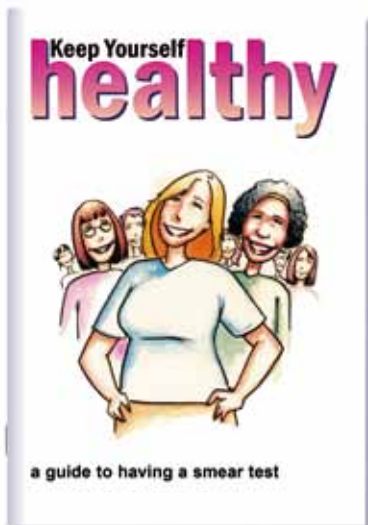
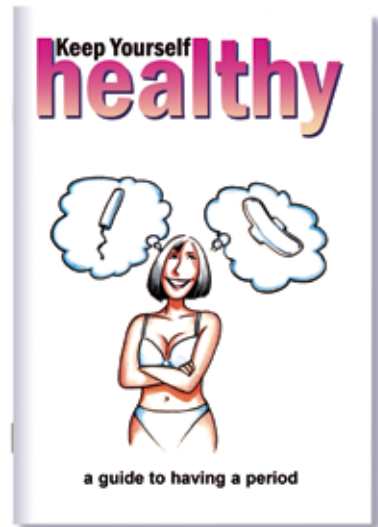
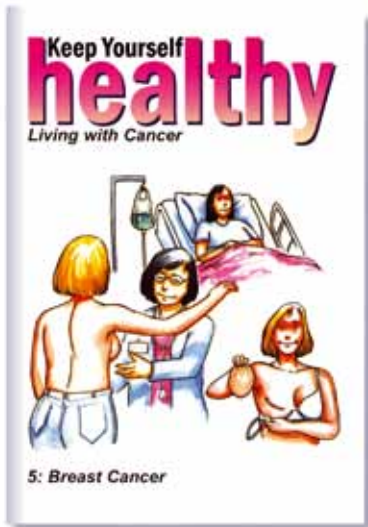


Keep Yourself **healthy**



a guide to examining your breasts

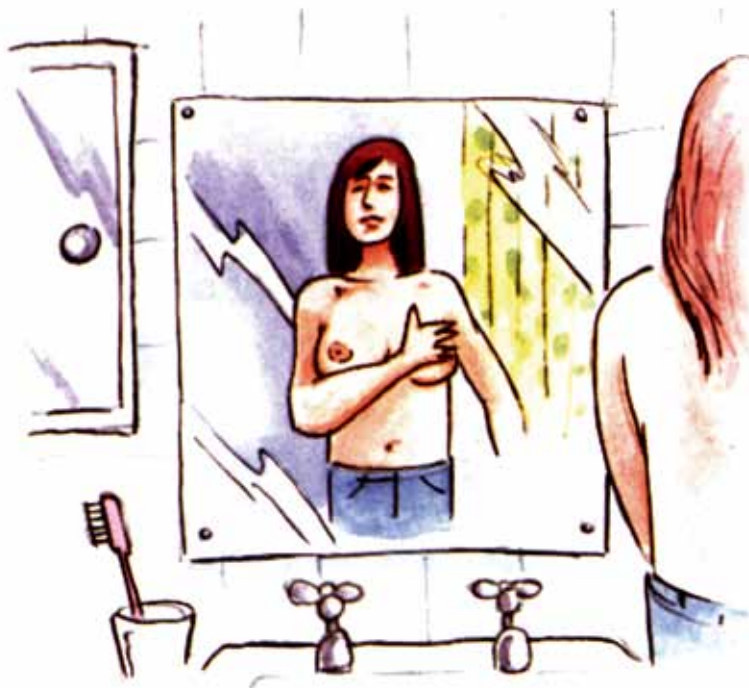
Look out for our other booklets!



You can find details of these and our other booklets at www.fairadvice.org.uk

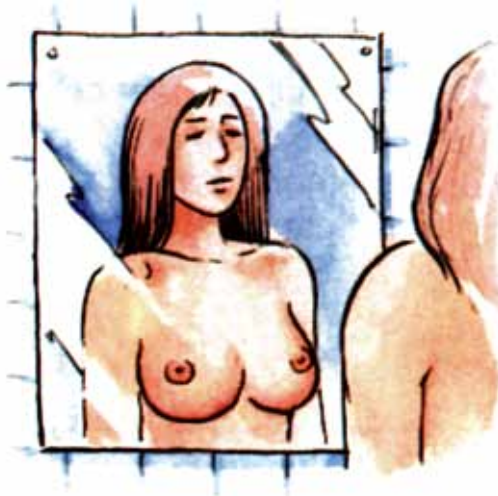
This booklet will tell you how to check your breasts regularly for early signs of cancer.

This is important for all women, because if you develop breast cancer and it is found early enough there is a good chance that it can be treated.



You will also be given some tips on staying healthy, which can help prevent breast cancer.

Get used to the way your breasts look normally.



Look at yourself with your arms down at your sides.



Then with your arms up in the air.

Check your breasts regularly, in places where you can be private...



...like the shower...



...or the bedroom.

How to check your breasts for anything unusual:

Feel around the breast in a circular motion.



Then, feel under your arm.



Finally, feel behind the nipple.

What to do if you find something new.

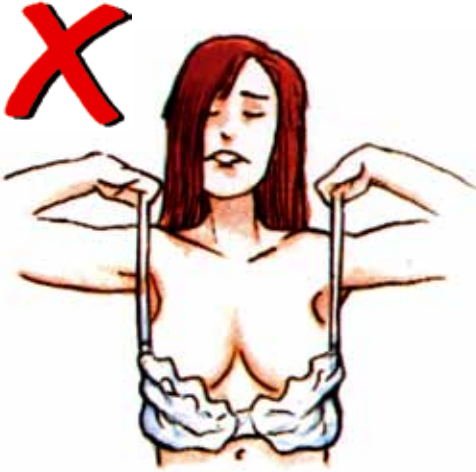


If you are checking yourself and you find something that wasn't there before...



...arrange to see your doctor or community nurse.
They will know what to do.

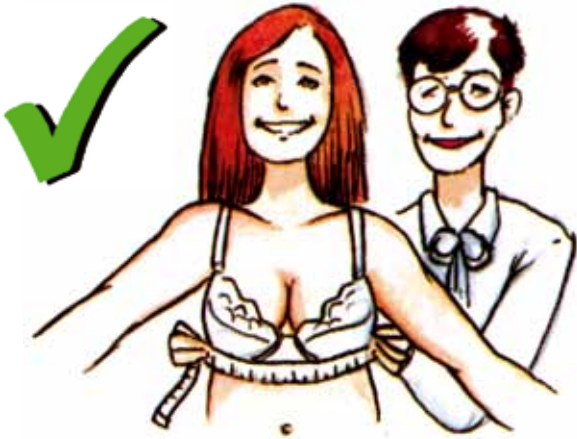
**Here's a tip to help you feel comfortable and look good.
Wear a bra that fits!**



Not too big.



Not too small.



Just right!

How to keep yourself healthy.



Don't smoke!



Don't drink too much alcohol!



Don't eat too much!

How to keep yourself healthy:



Eat healthy food, like fresh vegetables.



Take regular exercise, like swimming and walking.

FAIR in association with Community Nurses
for People with Learning Disabilities,
NHS Lothian.

This work was made possible with support
from the National Lottery Charities Board.

For further copies contact FAIR Multimedia
Phone: 0131 662 1962
Email: multimedia@fairadvice.org.uk
Website: www.fairadvice.org.uk

Published by NHS Health Scotland
Design: FAIR Multimedia
Illustration: Paul Mudie
© FAIR Multimedia, 2002, 2005, 2007, 2009, 2010
ISBN: 978-1-84485-285-7

NHS Health Scotland is a WHO Collaborating Centre
for Health Promotion and Public Health Development.

