

GRAB YOUR BOOBS!

OR YOUR PECS - GUYS, WE'RE TALKING TO YOU TOO!

Did you know that both men and women can get breast cancer? So get into a habit of regularly checking and be aware of the signs and symptoms below. Ladies - remember that some of these changes may occur naturally with your cycle and can be perfectly normal. But if in doubt, get it checked out...



LOOK

changes in skin texture
e.g. puckering/dimpling



LOOK

swelling in your armpit
or around collar bone



FEEL

lumps and thickening



FEEL

constant, unusual pain in
your breast or armpit



LOOK

nipple discharge



LOOK

a sudden change in size
or shape



LOOK

nipple inversion and
changes in direction



LOOK

a rash or crusting of the
nipple or surrounding area

NEED A REMINDER? TEXT BOOBS TO 70300 FOR A FREE MONTHLY TEXT FROM BOOB HQ

We'll never send you spam or ask you to donate money, you'll just get a friendly reminder to check your boobs, once a month. Standard network rates apply for the text you send to sign up but every text we send you is free after that, promise.

