

# 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.





# HELLO!

# WE'RE COPPAFEEL!

## OUR VISION:

We want to live in a world where all breast cancers are diagnosed at their earliest stage - giving everyone the best possible chance of surviving the illness.



## OUR MISSION...

We're on a mission to stamp out late detection and misdiagnosis of breast cancer by ensuring that you check your boobs regularly, know the signs and symptoms to be aware of and have the confidence to see a doctor if you notice anything that doesn't feel right for you. Simple as that.

