

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.



BOOB CHECK 101

What you can do to get to know your boobs.

1 CHECK REGULARLY

This will help you get to know what's normal for you. You can use any method you're comfortable with, such as lying down in bed, standing in front of a mirror or when you're showering.

2 LOOK & FEEL

Remembering to check all parts of your breast, including your armpits, up to your collarbones and your nipples.

3 IF IN DOUBT, GET IT CHECKED OUT

Early detection is the best form of defence, so if you notice anything unusual for you, get it checked out by your doctor.

