

# KNOWING YOUR BODY COULD SAVE YOUR LIFE

**When was the last time you checked your chest?**

Each year 1 in 7 women and 400 men are diagnosed with breast cancer. Visit [coppafeel.org](http://coppafeel.org) to be aware of the signs and symptoms of breast cancer.





**We're so tired of asking this question but ...**

# **HAVE YOU CHECKED YOUR CHEST THIS MONTH?**

Breast cancer is the most common type of cancer in the UK and can affect people of any age and gender. As young people aren't routinely screened, it's important to be aware of the signs and symptoms of breast cancer in order to spot any changes to your chest.

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