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more info:



Chest checklist

Do you know what's normal for your chest?

Breast cancer can affect people of any age or gender. It can take a while to feel confident about your own normal.

Here are some tips to get started:

1

Check every month

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 AND feel

Remember to check all parts of your chest, including your armpits, up to your collarbones and your nipples.

3

If in doubt, get checked out

Early detection is the best form of defence. If you notice anything unusual for you, talk to your GP.

For more information visit:

 coppafeel.org    [@coppafeel](https://www.instagram.com/coppafeel)

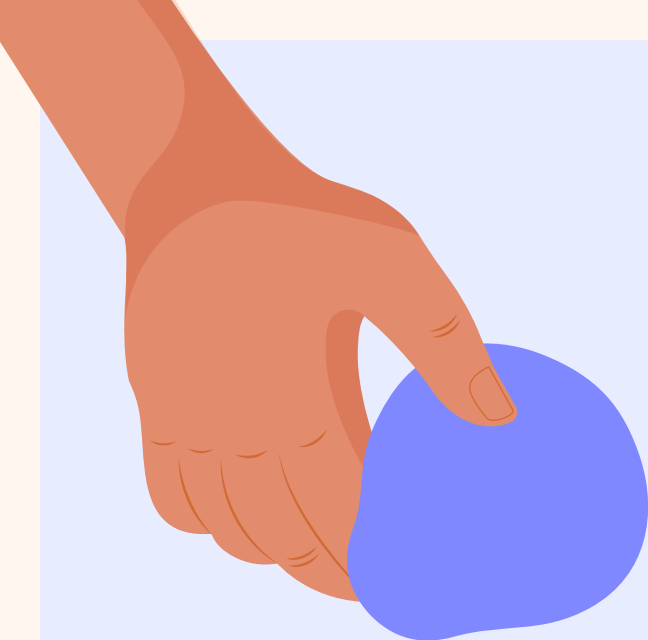
CoppaFeel!
breast cancer awareness

ORCHID
FIGHTING MALE CANCER 



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monthly text
reminders text
NORMAL
to **82228**

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Ball skills

Do you know what's normal for your balls?

Testicular cancer can affect men of any age, but it's most common between the ages of 15-45, so you're never too young to get to know your nuts.

1

Check regularly

We'd advise having a feel about once a month. You might want to check when you're having a bath or shower (as your testicles will be warm and relaxed).

2

Have a feel

Rest your balls in the palm of your hand and gently use your thumb and fingers to feel them, being aware of the small tube which lies behind each testicle. Don't worry if one's bigger or hangs lower - it's normal!

3

If in doubt, get it checked out

Most changes to your balls won't be cancer, but see your GP if you notice a lump, bump or anything unusual for you.

For more information visit:



orchid-cancer.org.uk

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Balls



Boobs



Pecs



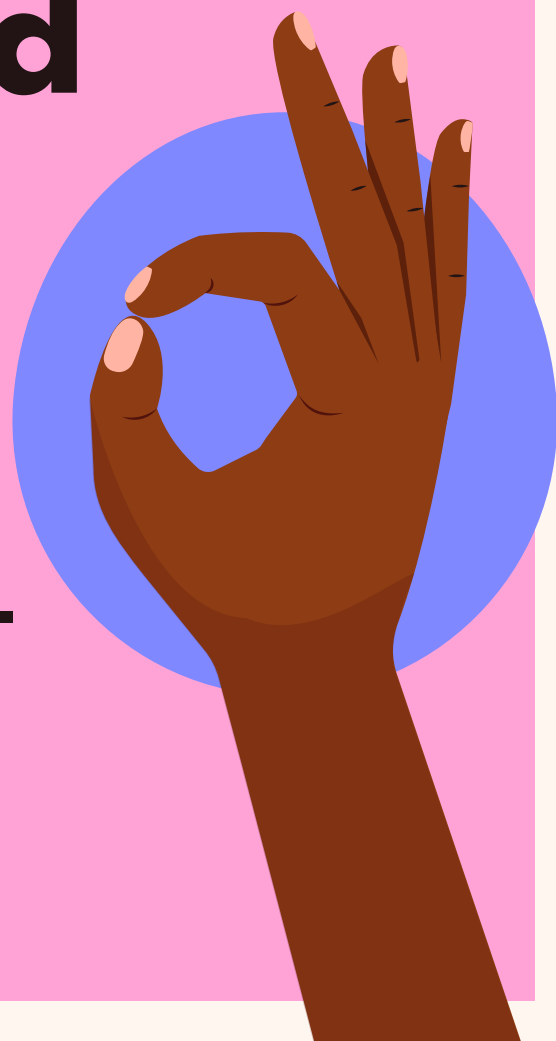
Chest



They ALL need a check.

**Knowing your body could
save your life.**

**Get hands on and get to
know what's normal for you.**



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