

Check what you know



CoppaFeel!
breast cancer awareness

1. What is the name of the charity Kris set up with her twin sister Maren to educate young people about breast cancer?

2. How old was the founder of CoppaFeel!, Kris Hallenga, when she was diagnosed with breast cancer?

3. How many women in the UK will have breast cancer in their lifetime?

4. How many men a year are diagnosed with breast cancer in the UK?

5. Where should you check up to and under when checking your chest?

6. How often should you check your chest?

7. Can you name 3 signs of breast cancer?

8. How many breast cancers are caused by inheriting a changed gene?

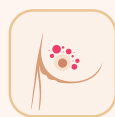
9. What is the name of CoppaFeel!'s online chest checking tool?

10. If you notice a change to your chest, what should you do?

Plus a very important bonus question:

Will you now start, or continue, the healthy habit of checking your chest monthly?

1. CoppaFeel!
2. 23
3. 1 in 7
4. Nearly 400
5. Collarbones and armpits
6. Monthly
7. Signs of breast cancer may include:



Skin changes such as puckering or dimpling



Unusual lump or swelling in your armpit, or around your collarbone



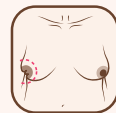
Unusual lumps and thickening



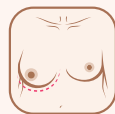
Liquid coming from your nipple



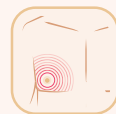
A rash or crusting on or around your nipple



Nipple is pulled inwards or changes direction



A sudden, unusual change in size or shape



Constant, unusual pain in your breast or pec, or armpit

8. 5 - 10%
9. The Self-Checkout
10. Talk to your GP. You might also like to speak to someone else you trust first, like your parent, guardian or friend. But if in doubt, get it checked out!