

CHECK YOUR **CHEST**

LOOK

FEEL

CHECK

KNOW THEM

TAKE A
LOOK



Look at your breasts in the mirror, standing with your arms by your side and with them raised.



FINGER
PADS

Feel each breast and the surrounding area up to your armpits and collarbone. Use the pads of your fingers rather than the tips.



LEFT
+ RIGHT

Do a check lying down. Put your left hand behind your head and check your left breast, and repeat on the other side.

SOAPY
HANDS



Some people find it easier to check in the shower with soapy hands.

For more info on how to check and what to look for, visit:



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cancer care
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TENOVUSCANCERCARE.ORG.UK/BREASTCHECK

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