

I am a healthy reminder for you to check your breasts regularly and to be aware of all the signs and symptoms of breast cancer

FOR MORE INFO VISIT www.thewellernetwork.com



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LOOK for changes in skin texture and appearance like puckers, dimples and pronounced veins



LOOK AND FEEL for lumps, thickening or swelling in your breast, armpit and or collarbone



FEEL for constant pain in your breast and or armpit

LOOK for nipple inversion or changes in direction

LOOK AND FEEL for changes in size and shape



LOOK for nipple discharge, fluid or blood



LOOK for a rash and or crusting of nipple and surrounding area

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LOOK for a rash and or crusting of nipple and surrounding areas

any changes from your normal, please see a medical professional immediately

If you notice any changes from your normal, please see a medical professional immediately

Know what is normal for you, so you are able to identify what isn't

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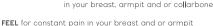
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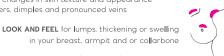


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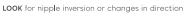
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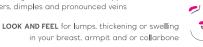


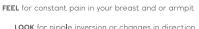
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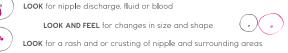


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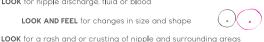
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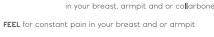


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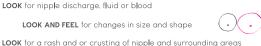


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