



supporting healthy conversations to enable you to live your best life

Kia Ora!

Put your hand up...

if you know anyone that has
been **affected** by **breast cancer**



Put your hand up...

if you know what your **breasts look**
and **feel** like normally



KNOWING YOUR NORMAL

is a big part of breast health

No one knows your breasts
BETTER THAN YOU DO!

Breasts MELONS BOOBIES

JUGS Tatas **FUN-BAGS**

BOSOM **knockers** **boobs**

BIG round small
SQUISHY
FIRM POINTY PERKY





When it comes down to it

WE ARE ALL DIFFERENT

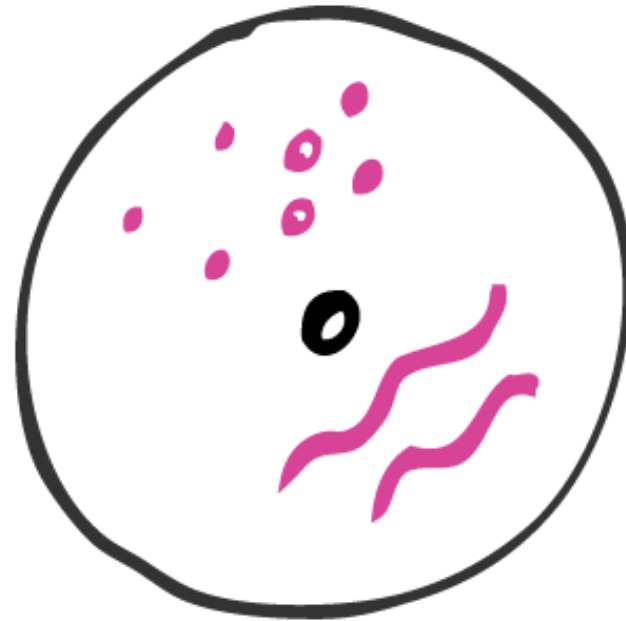
BEBREASTAWARE



SIGNS & SYMPTOMS

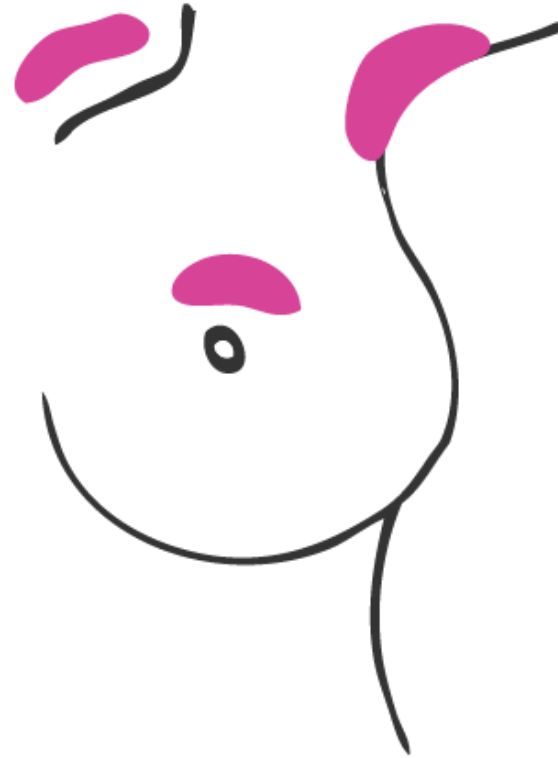
What you NEED to KNOW
What you NEED to LOOK OUT for





LOOK

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



LOOK & FEEL

for **lumps**, **thickening** or **swelling** in your breast,
armpit and or collarbone



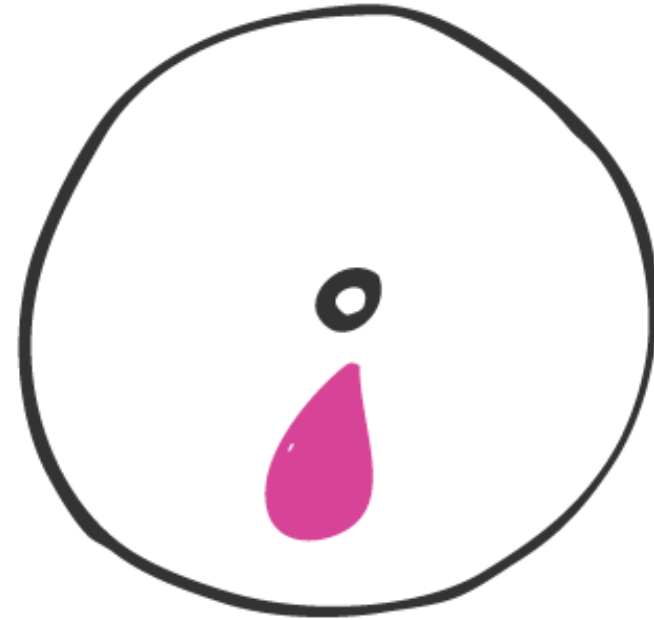
FEEL

constant pain in your breast and or armpit



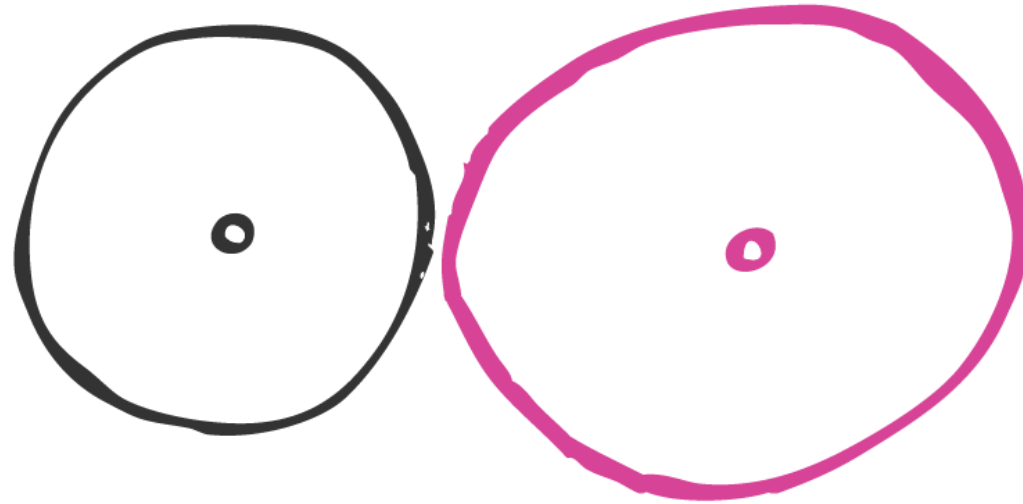
LOOK

for **nipple inversion**
and or **changes** in **direction**



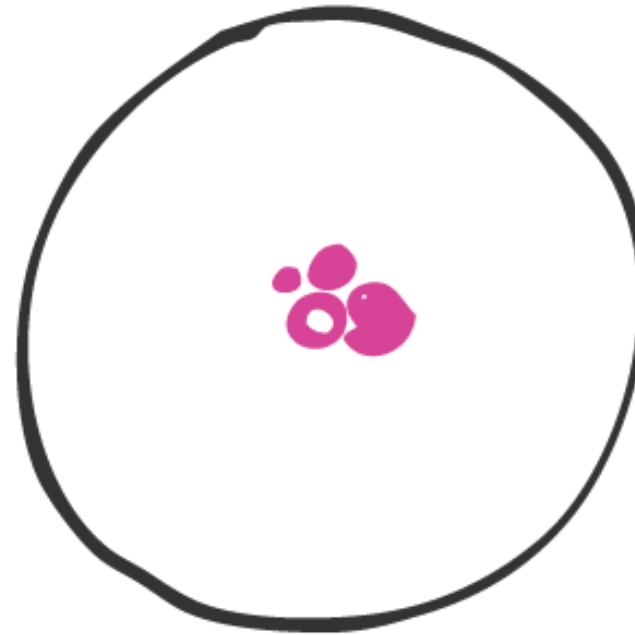
LOOK

for **nipple discharge**, **fluid** or **blood**



LOOK & FEEL

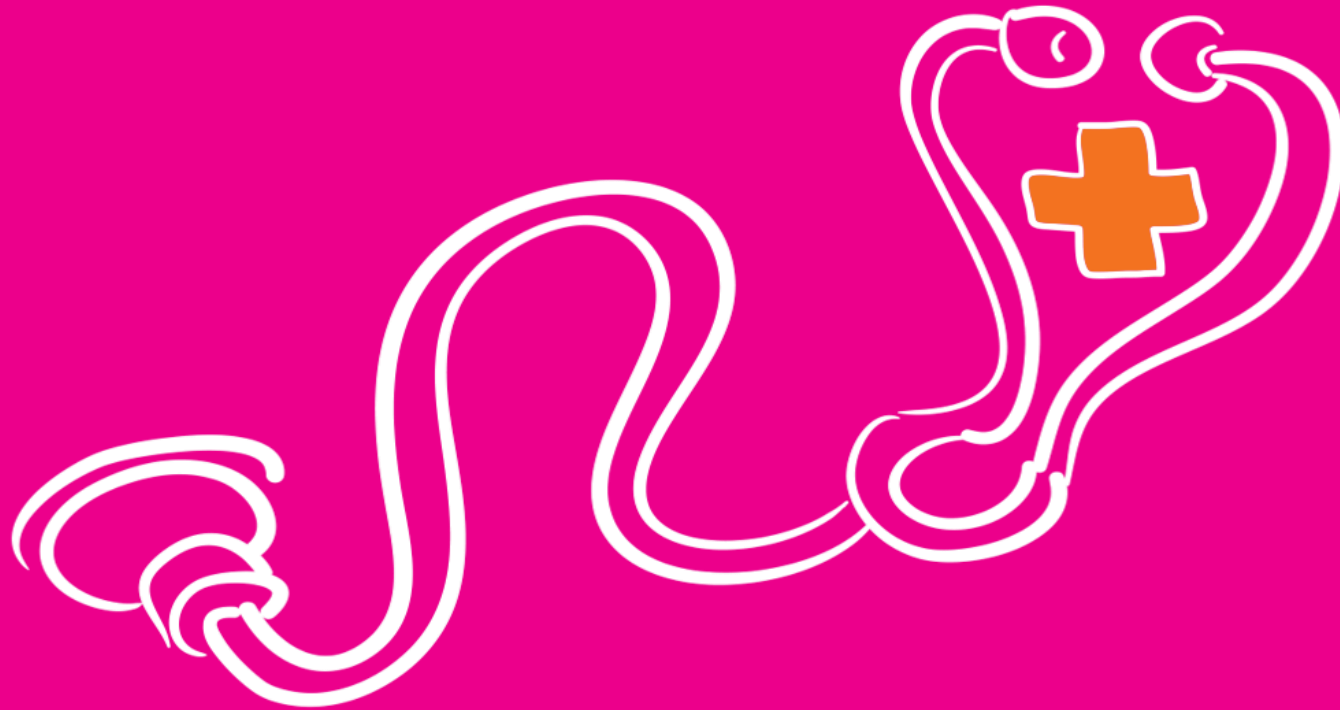
for changes in **size** and **shape**



LOOK

for a **rash** and or **crusting** of the **nipple** and surrounding areas

If you notice any changes from your normal in **most cases it will not be cancer,** but it is still good to **get it checked** by a medical professional as soon as possible



I don't know
HOW TO CHECK

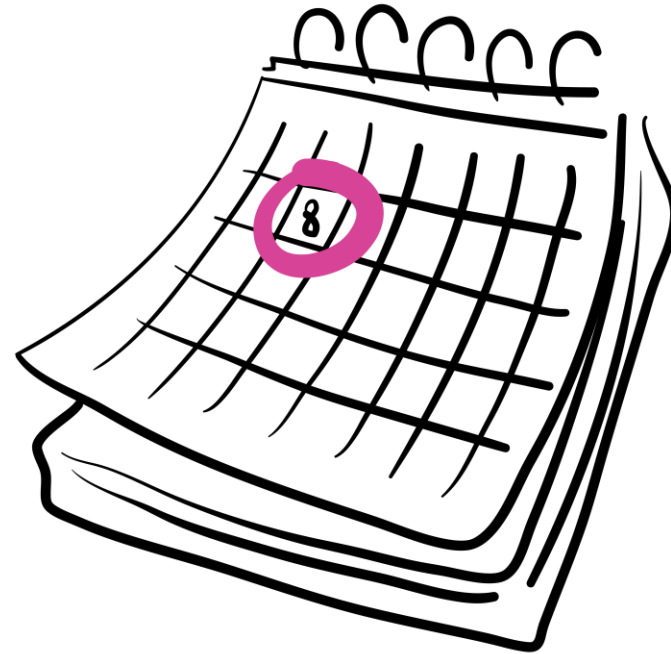




There is **no right or wrong** way to check

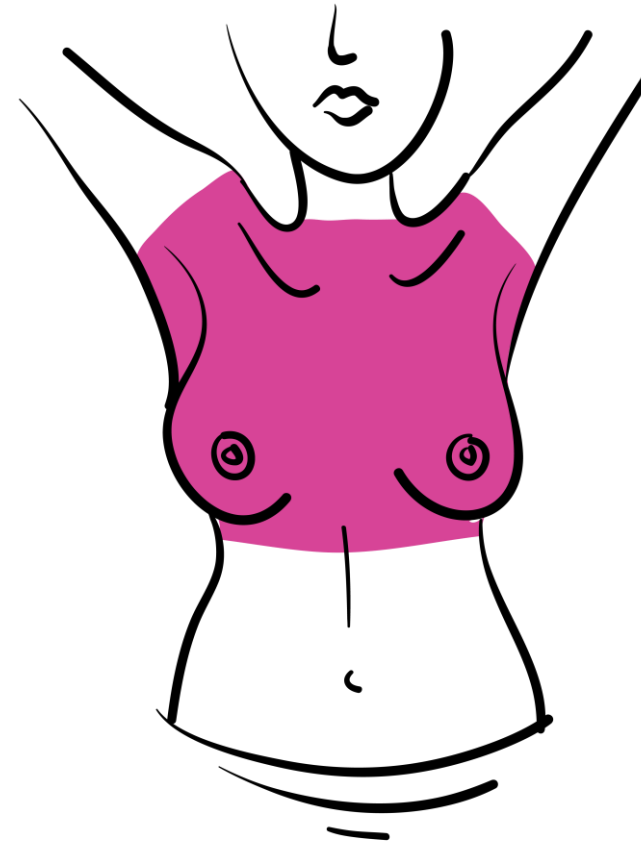


It's all about **knowing what
normal looks and feels like**
so you can identify what **isn't**



HOW OFTEN?

Once a month around the **same time every month** in order to **notice any changes**



WHERE?

From the **collarbone** down to the **base of your sternum** and out into your **armpits**

FACTS & STATS

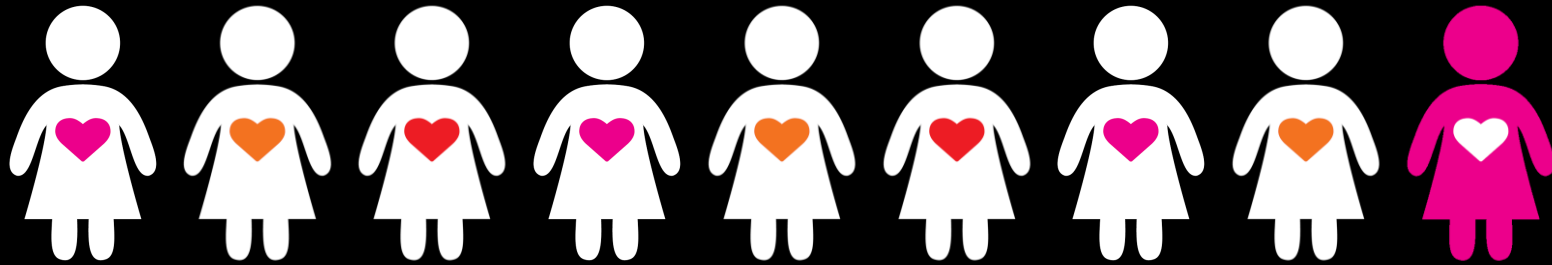
Breast Cancer in New Zealand

**Breast cancer is the most common cancer in
New Zealand women**



**It is also the most common cancer
in women worldwide**





1 in 9

**New Zealand women will be diagnosed with
breast cancer in their lifetime**

3450

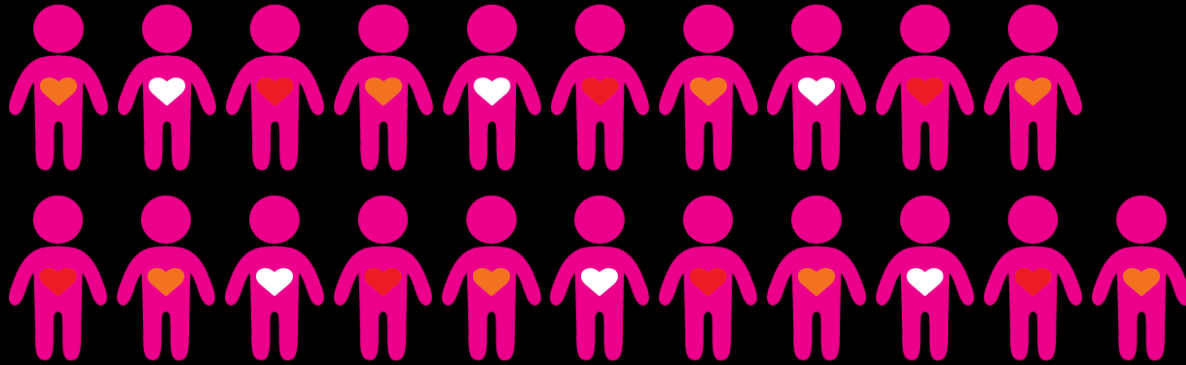
women are diagnosed in NZ every year

Most of them over the age of 50

375

**of these women are under the age of 45
These women are considered 'young women'**

Men can get breast cancer too



21 men were diagnosed in NZ in 2019

60%

of young women

do not know the signs beyond a lump

95%

of all breast cancers are not connected to family history or genetic links and in most cases occur by chance

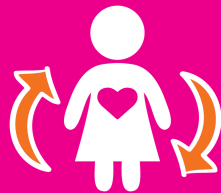
**It's said that breast cancer in young women
is uncommon**

Unfortunately it can and does happen

**Breast cancer is very treatable and
survivable if it can be detected and treated
early**



REDUCING YOUR RISKS



Small lifestyle changes can reduce your
lifetime risk of getting
Breast Cancer

LIMIT

your alcohol intake





EXERCISE

regularly and keep **active**



EAT WELL

maintain a **healthy diet** and body weight



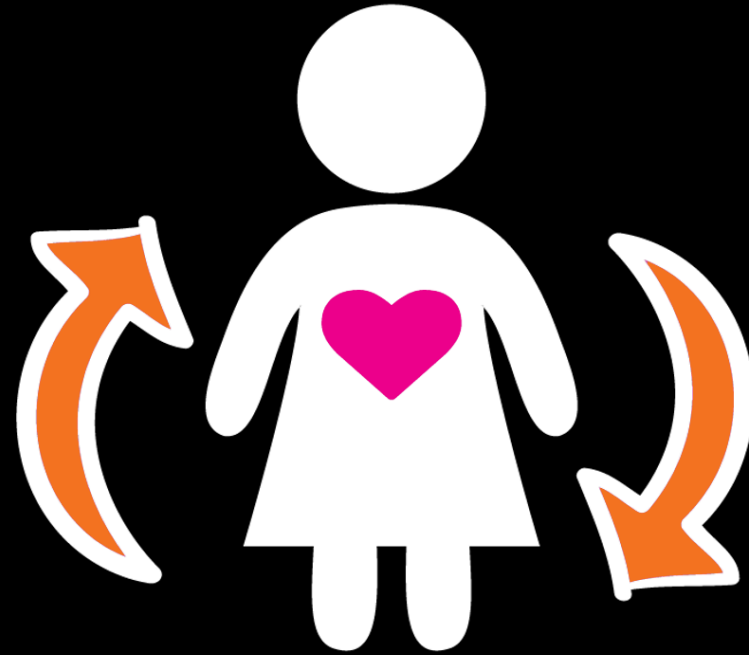
INVESTIGATE

and understand your **family history**
of breast cancer and cancer in general



REDUCE

and manage your **stress levels**



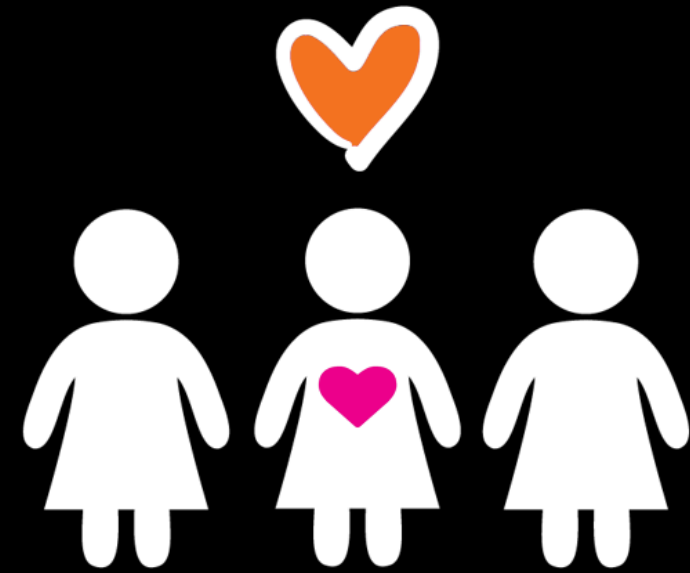
BE CONSCIOUS

of what you **put onto your skin**
and **into your body**



Be sure to get enough

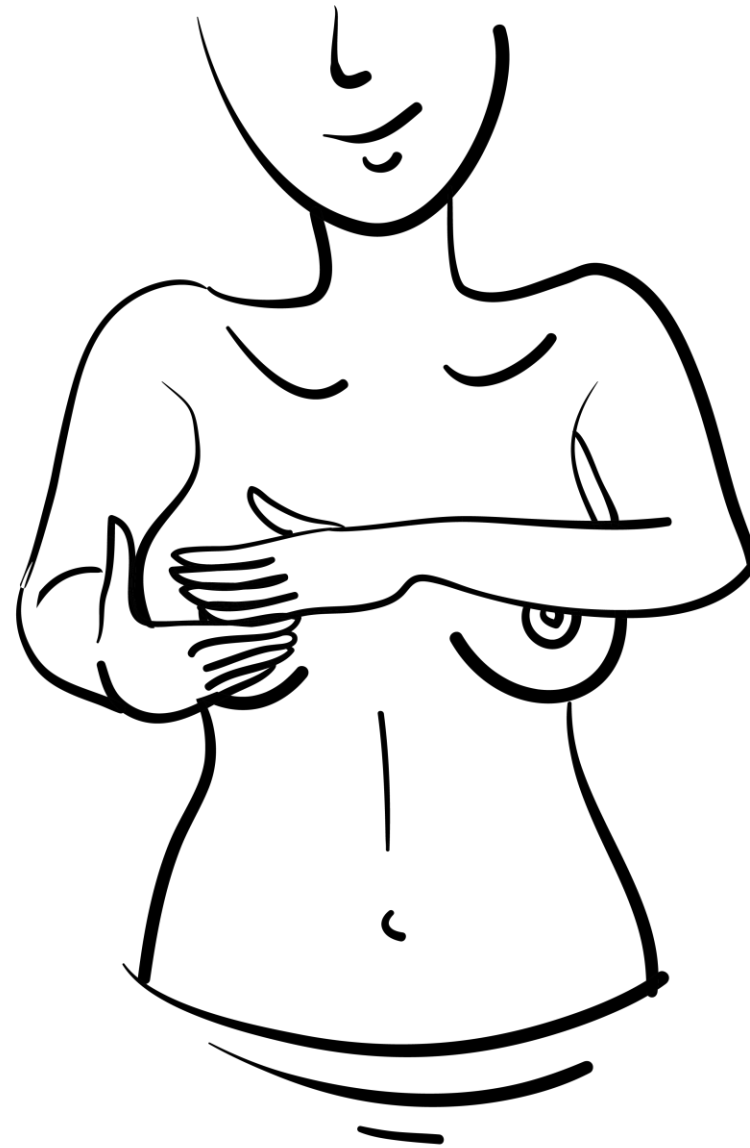
SLEEP & REST



SURROUND

yourself with **good people**

So, who's going to do a
B(.)(.)B CHECK?



FOR MORE INFO

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gratitude



supporting healthy conversations to enable you to live your best life