



la Vie en Rose

# Take care of your breast health!

1 → 2 → 3



## UNDERSTAND

Be familiar with how your breast normally looks and feels.



## OBSERVE

Pay particular attention to your breast, nipples and armpits in the mirror.



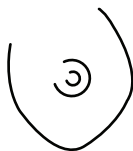
## RECOGNIZE

Know the signs and any unusual changes shown below.

BREAST SHAPE



Change of volume, shape, or inflammation



Change of shape from one breast to another



Deformation, visible or palpated lumps in the breast or armpit

BREAST SKIN



Heat, change of colour, persistent redness or more visible veins

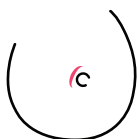


Orange peel, thickness or retraction



Folds, dimples, small holes, ulcers or sores

NIPPLE



Inversion or deviation



Change of appearance



Persistent eczema, ulcers, spontaneous leaks



If you notice any persistent and unusual change, please contact your doctor.