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Call our breast nurses on **0800 BC NURSE** (0800 226 8773)
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Breast Cancer
Foundation NZ



B

R

A

S

The basics you need to know

Reduce your risk

B

Be breast aware. From 20, know how your breasts normally feel. Understand your family history. If your mum or a close relative had breast or ovarian cancer, talk to your doctor.

R

Reduce your risk. Make healthy lifestyle choices, have alcohol free days, exercise regularly and maintain a healthy body weight.

A

Act promptly. Show your doctor any unusual breast changes straight away.

S

Screening mammograms. BCFNZ recommends regular screening mammograms every year from 40 to find cancer early, before a lump can be felt. Ageing increases your risk.

