



## **Breast Cancer...**

*not just a disease  
of older women*

**Be breast aware and  
check'em regularly**

- know your body and know your breasts
- watch for unusual changes
- look in a mirror to help you notice changes
- check your breasts in the shower, while dressing, standing or lying down
- discover what is comfortable for you
- use gentle to firm pressure to feel all your breast tissue
- remember breast tissue extends up to the collar bone and under the armpits
- obtain medical attention for any breast cancer symptom or unusual changes
- early detection saves lives

***Take care of yourself!***

**www.teamshan.ca  
teamshan@gmail.com**





## **Le cancer du sein...** *une maladie qui n'a pas d'âge*

**Mieux connaître ses seins,  
apprendre à les examiner  
et le faire régulièrement**

- bien connaître son corps
- look in a mirror to help you notice changes
- check your breasts in the shower, while dressing, standing or lying down
- discover what is comfortable for you
- use gentle to firm pressure to feel all your breast tissue
- remember breast tissue extends up to the collar bone and under the armpits
- obtenir des soins médicaux pour tout symptôme persistant pouvant signaler la propagation du cancer du sein
- la détection précoce peut vous sauver la vie

***Prends soin de toi!***

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