



National Cancer
Control Programme

Reduce your risk

Healthy body weight



Breastfeed if you can



Limit alcohol



Physically active



Avoid smoking



Breast cancer screening



Visit

www.hse.ie/preventcancer



National Cancer
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Know the signs

Find Breast Cancer Early



Scan the QR code for
Breast Awareness Video



Call your GP TODAY if you notice any of the following



A new lump in
either of your
breasts or armpits



A change in shape
or feel of one or
both breasts or armpits



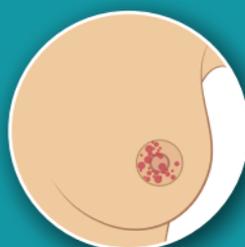
Skin changes on
your breast or an
abscess (infected boil)
in your breast



A change in the
appearance
of your nipple



Bloodstained or watery
discharge from either of
your nipples.



A rash or eczema
on or around
your nipple.

Don't be scared. Don't delay.
Call your GP today

Visit
www.hse.ie/findcancerearly