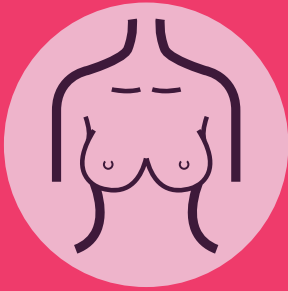


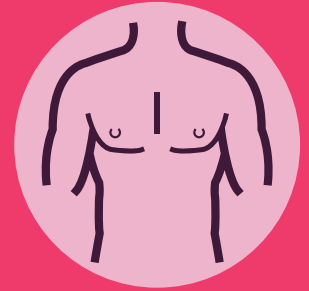
If you grow them, know them!

Follow these three simple steps to check your breasts and remember to repeat each month



LOOK

at the shape and appearance of your breasts, including skin changes around the nipple or unusual discharge.



FEEL

all of your breasts and nipples. Feel from your collarbone to the bottom of your sternum or chest bone, and under your armpit too.



LEARN

what's normal for you!

