

I SHARE  
the FIGHT  
AGAINST  
BREAST CANCER

AVON



Early detection  
is your best protection.

Check yourself.  
Do Breast Self-exam!

# IN THE SHOWER



Put your right hand behind your head.

Press your fingers firmly on your right breast and feel for any lump or thickening.



Repeat the procedure in your other breast.

# IN FRONT OF A MIRROR



Take note of any irregularity in your breasts' appearance such as puckering, dimpling, or scaling by clasping your hands behind your head.



Afterwards, gently squeeze your nipples and check for any discharge.

# WHILE LYING DOWN



Place a pillow under your right shoulder. Put your right hand firmly on your right breast.

In circular motion feel for any unusual lump or mass.

Check also the area between your breast and armpit.

Repeat the procedure on your left breast.

*#ISharetheFight*

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