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HARLEY  
STREET  
LONDON W1G 7ET

# BREAST CHECK



Self check  
once a month



Examine entire breast  
and armpit area



Gently use the pads  
of fingertips



Top and Bottom



Semi-circles



Circles



Look in the mirror  
for visual lumps



...skin and texture  
changes...



...changes in nipple  
shape or abnormal discharge.