CHECK FOR CHANGES

WellOne



I'm making a Pinky Pledge to

.....

that I'll check my breasts regularly and get to know what's normal for me.

Your monthly reminder

The 1st of each month is suggested because it's an easy date to remember, not a deadline. If you forget, check when you remember.

My monthly checks

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

Checking regularly helps you notice changes. If you spot anything new or unusual, contact your GP. Don't wait for your next monthly check.

Scan the QR code for useful breast health links and resources.
tinyurl.com/CheckForChanges

If you have any questions or concerns about breast health, you can speak to a Breast Cancer Now nurse for free and confidential support.

BREAST CANCER NOW

Breast Cancer Now Helpline
0808 800 6000

Open Monday to Friday - 9am to 4pm, Saturdays - 9am to 1pm
Interpreters are available in many languages