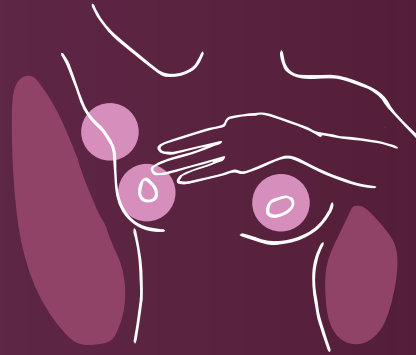


Do your self-examination regularly, early detection can save lives!



3 fingers

Use your 3 fingertips to make circular movements from the outside of the breast towards the nipple



3 places

Don't forget to check your armpits in addition to your breasts and nipples!



3 minutes

That's all it takes!



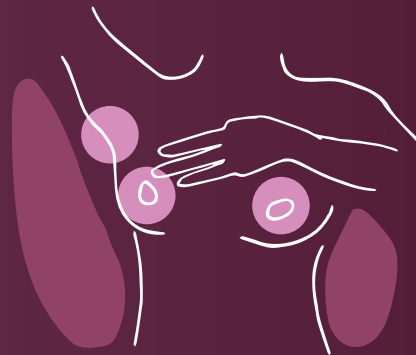
Cut out and give to a woman in your life!

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