

Examine your breasts monthly

Use your own hands

I use to say
This could never happen to me
Do you know?
This silent disease can creep up on anyone
You, me, her, him and they

Examining your breasts
With your own hands each month
Takes very simple steps
and only two minutes

If you find a lump,
Whether it is painful or not
Whether it is small or large
Whether it is like a grain or marble
Seek your doctor's advice immediately

Early detection will prevent complications
There are hundreds of breast cancer survivors
Who have coped with their recovery
Through thick and thin
Through mutual support
with other breast cancer survivors from BCWA

**If you require
emotional support
Call our Survivors at
03 79540133**

Breast Cancer Welfare Association
2nd Floor, Bangunan Sultan Salahuddin Abdul Aziz Shah
16 Jalan Utara, 46700 Petaling Jaya
Tel: 03-7954 0133 Fax: 03-7954 0122

