



**(KEEP A BREAST)**



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# LITTLE BLACK DRESS

**CHECK  
YOUR  
♥  
SELFIE!**

**KEEP A BREAST** 



## MIRROR MIRROR

Put your hands over your head and then on your hips. Front boob and side boob are created equal, so be sure to include both.



## MINI MASSAGE

Next, keep looking in the mirror and put one hand behind your head. Now place three fingers to your breast and check for anything that strikes you as weird or not your "normal."



## UP AND DOWN

Move your three fingers in small circles with different levels of pressure. Choose easy, medium and then hard while walking your fingers to the next area.



## YOUR PITS

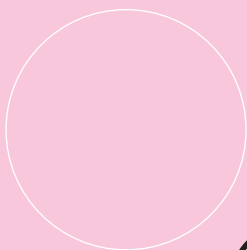
Cover your entire breast up and down and into the armpit area, finishing inside your armpit. Leave no breast area unchecked! Spend extra time in your pits where your lymphatic system lives and where many breast cancers develop.



## SQUEEZE

Lastly, squeeze each nipple. If there is any discharge or pain, see a doctor right away.

**IF YOU NOTICE ANY CHANGES,  
SEE YOUR DOCTOR RIGHT AWAY.**



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# #CHECKYOURSELFIE

## THINGS TO KNOW ABOUT YOUR BOOBIES!

Some women normally have breast tenderness around the time of their period. The best time to check your breasts is about a week after your period ends. It's important you check at the same time every month to compare to last month's breast check.

## THINGS TO CONSIDER

Do your breasts and nipples look normal to you? Are there any indentions, bruises or bulges? Is there any discharge coming from your nipples? Are the veins more noticeable on one breast than the other?

# "PREVENTION IS THE CURE"

## ATTITUDE

First, your breasts are perfect just the way they are, no matter what shape or size. Look in the mirror: You are a beautiful person, and now you are starting a life-long positive relationship with your boobies.

## BE AWARE

Knowing your breasts, even if you have breast implants, will help you know when something isn't right. Give your breasts daily massages to get to know them better and figure out what is "normal" for your body. Having boobies is normal and so is feeling them up!

## TAKE ACTION

You are never "too young for breast cancer," so it is crucial to use this guide to check your breasts once a month. If you notice any change from your normal boobie status, see a doctor right away. Not all lumps are cancerous, but it's best to find out for sure and catch something early.

**OUR MISSION:** The Keep A Breast Foundation is a nonprofit organization with a mission is to empower young people around the world with breast health education and support.

The Keep A Breast Foundation™ is headquartered in the United States as a 501 (c) (3) nonprofit. We are supported in fulfilling our mission by international partners Keep A Breast Canada, Keep A Breast Europe, Keep A Breast Japan and Keep A Breast Chile.

Keep A Breast is a "green" organization. Please reuse and recycle.

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