

# Take the lead Be breast aware

- Become familiar with the normal look and feel of your breasts.
- See your doctor, community health nurse or female Aboriginal health worker straight away if you notice an unusual change in your breasts.
- Maintain a healthy weight, eat a healthy diet and be active every day.
- Limit or avoid alcohol.
- Have a free breast screen every two years if you are aged over 50. Book at [breastscreen.org.au](http://breastscreen.org.au) or call 13 20 50.

Title of artwork: *ngootyoong koong, tarratya peem, wirreeyeearr*. (Healthy body, mind, spirit). Artwork by: Vicki Couzens and Jarrah Bundle

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