





## Breast Cancer Awareness Month: Be Breast Aware Social Media Posts

Title	Text	Image
Symptoms	<p>Be Breast Aware this #BreastCancerAwarenessMonth! Make sure you know the possible signs &amp; symptoms of breast cancer and check yourself regularly! Contact your GP if you have any concerns and always take part in breast screening when you're invited. <a href="http://www.answercancergm.org.uk/cancer-screening">www.answercancergm.org.uk/cancer-screening</a></p>	 <p><b>Be Breast Aware this October</b></p> <ul style="list-style-type: none"> <li><b>Check yourself regularly:</b> Look out for any changes in shape or texture and symptoms such as nipple discharge or lumps.</li> <li><b>Seek professional help:</b> If you spot anything unusual or have any concerns, contact your GP as soon as possible.</li> <li><b>Take part in Breast Screening:</b> Available to all women aged between 50-70. You will be invited every three years.</li> </ul> <p>#BreastCancerAwarenessMonth <a href="http://www.answercancergm.org.uk">www.answercancergm.org.uk</a> @answercancergm</p>
TLC	<p>Be Breast Aware this #BreastCancerAwarenessMonth. Keep yourself safe from breast cancer by performing regular self-examinations. Give yourself some TLC! Contact your GP if you have any concerns and always take part in breast screening when you're invited <a href="http://www.answercancergm.org.uk/cancer-screening">www.answercancergm.org.uk/cancer-screening</a></p>	 <p><b>Be Breast Aware this October</b></p> <ul style="list-style-type: none"> <li><b>Touch:</b> Feel your whole breasts and into the armpits for any lumps or inflammation.</li> <li><b>Look:</b> Keep an eye out for any changes to the size or shape of the breasts &amp; nipples.</li> <li><b>Check:</b> If you notice any changes or have concerns, contact your GP and get checked out!</li> </ul> <p>#BreastCancerAwarenessMonth <a href="http://www.answercancergm.org.uk">www.answercancergm.org.uk</a> @answercancergm</p>
Screening	<p>Be Breast Aware this #BreastCancerAwarenessMonth. Breast Screening is offered by the NHS and, along with regular self-examinations, is the best way to keep you safe from breast cancer. Always contact your GP if you have any concerns between screenings. <a href="http://www.answercancergm.org.uk/cancer-screening">www.answercancergm.org.uk/cancer-screening</a></p>	 <p><b>Be Breast Aware this October</b></p> <ul style="list-style-type: none"> <li>Screening is available to all women aged between 50-70. You are invited to take part every three years.</li> <li>You will be sent a letter to the address held by your GP, so make sure to keep your details up to date.</li> </ul> <p>#BreastCancerAwarenessMonth <a href="http://www.answercancergm.org.uk">www.answercancergm.org.uk</a> @answercancergm</p>
Actions	<p>Be Breast Aware this #BreastCancerAwarenessMonth. Here are a few ideas of how you can get involved during October and help protect your friends, family and community from Breast Cancer. <a href="http://www.answercancergm.org.uk/cancer-screening">www.answercancergm.org.uk/cancer-screening</a></p>	 <p><b>Be Breast Aware this October</b></p> <ul style="list-style-type: none"> <li><b>Have conversations</b> with your friends &amp; family about breast cancer and the importance of screening.</li> <li><b>Share information</b> about signs &amp; symptoms, screening &amp; self-examination on social media or via WhatsApp.</li> <li><b>Get involved</b> in activities and events in your local community with Answer Cancer and sign up as a Champion!</li> </ul> <p>#BreastCancerAwarenessMonth <a href="http://www.answercancergm.org.uk">www.answercancergm.org.uk</a> @answercancergm</p>