



Breast care

Take charge of your health

Get your breast screening today!

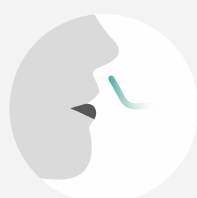
Why does breast screening matter?

Early breast screening can detect changes before symptoms appear, giving you the best chance of successful treatment. Thousands of lives are saved each year through screening.

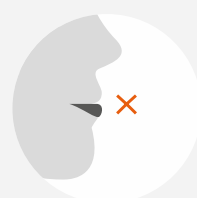
Benefits of screening

Breast screening is quick and safe. The majority of women feel better – physically and emotionally – when they take charge of their health.

Mindful breathing to stay calm and relax



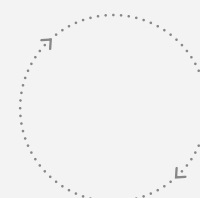
Breathe in
4 sec



Hold breath
4 sec



Breathe out
6 sec



Repeat multiple times



Access additional videos and support materials here.

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