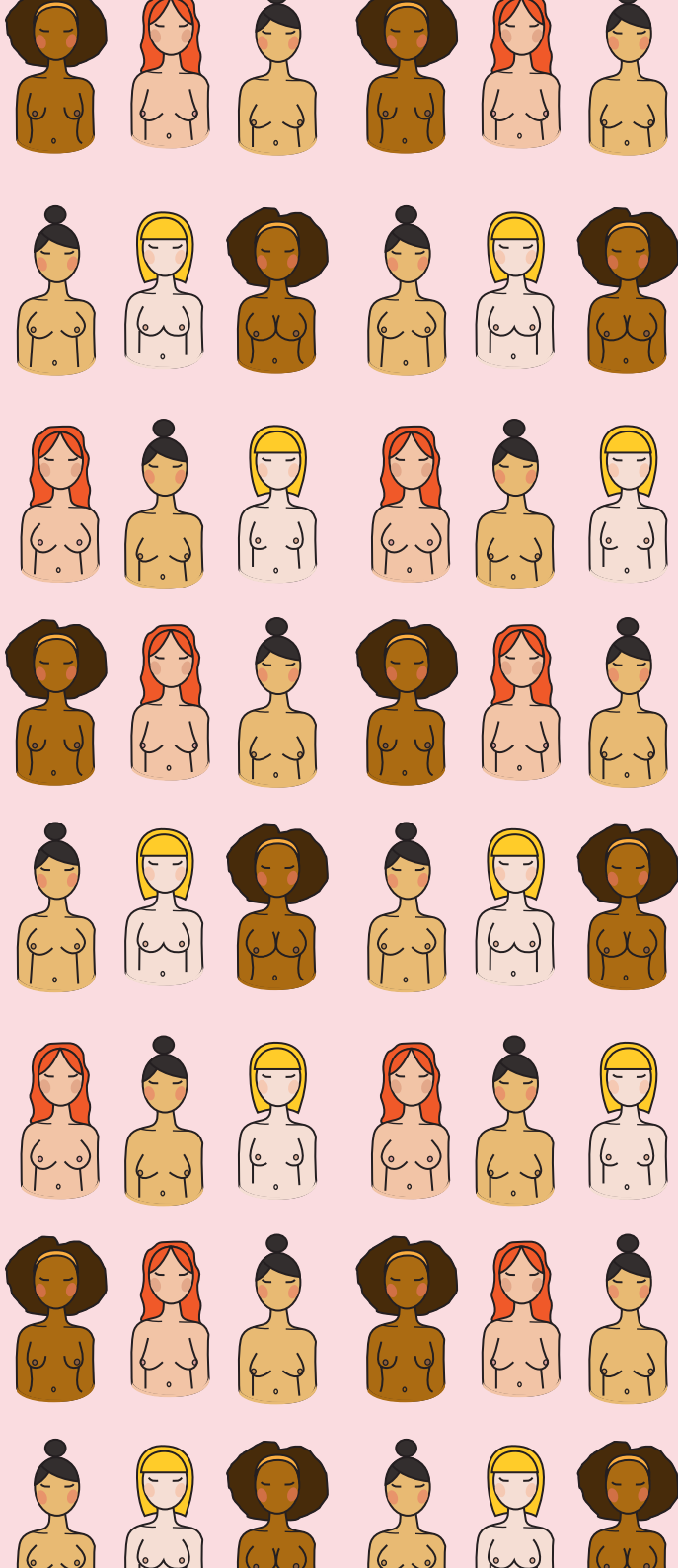




BREAST HEALTH & SPORTS BRA WORKSHOP



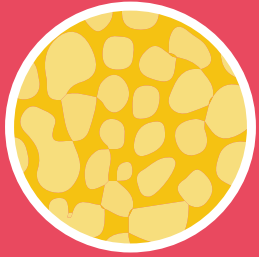


INTRODUCTION TO BREAST HEALTH

Believe it or not, there's lots of things women and girls need to be aware of within breast health! Each of us are unique and that means we need to know how to protect, support and feel confident in our bodies.

This session will go through ways in which we can keep our breasts healthy and supported – especially during physical activity. It will also show you how to be 'breast aware' and changes to look for.





FAT



**GLANDULAR TISSUE
(MILK DUCTS)**



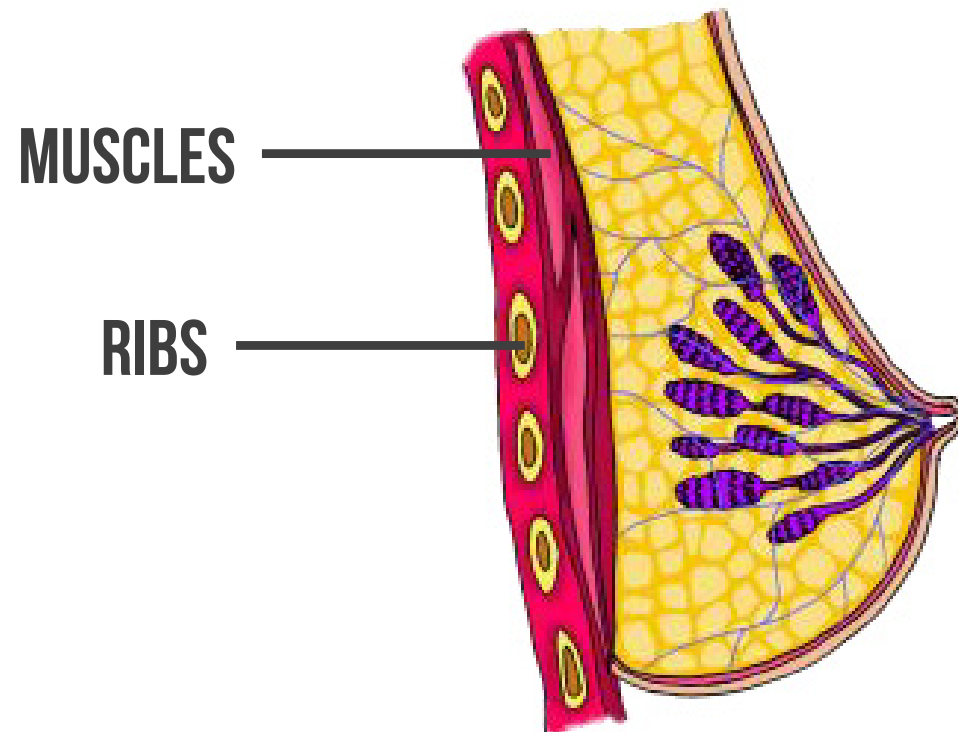
SKIN & LIGAMENTS

WHAT IS THE BREAST MADE OF?

Our breasts sit on top of our chest wall and are made of...

- Fat
- Glandular Tissue (Milk Ducts)
- Skin & Ligaments

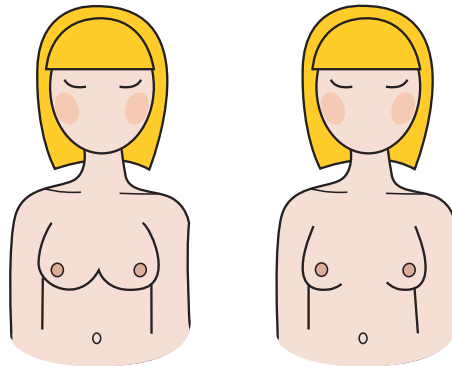
Despite what we might assume, the breast has no muscle tissue! Instead, muscles lie under each breast, covering our ribs.



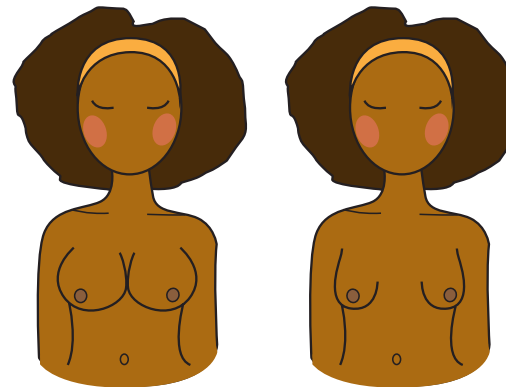
BREASTS MIGHT BE...

The first thing to know is all breasts are unique! We all come in different shapes and sizes, so never compare yourself to others – unless you have a health related concern.

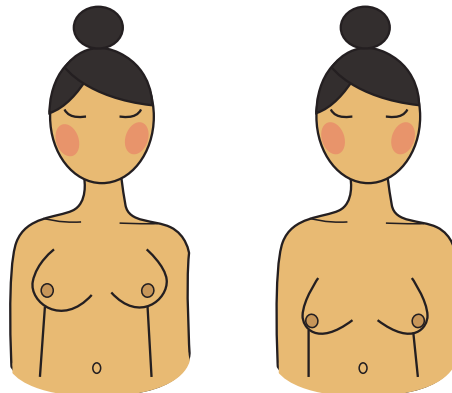
**CLOSE TOGETHER
OR FAR APART**



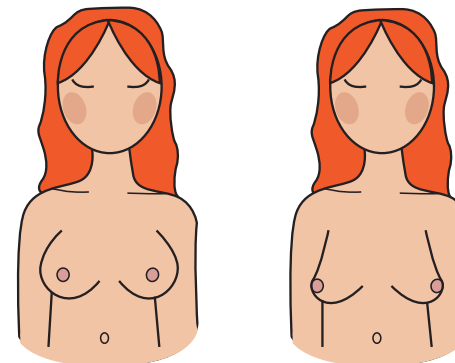
WIDE OR NARROW



**HIGH OR LOW ON
THE CHEST**



ROUND OR POINTY



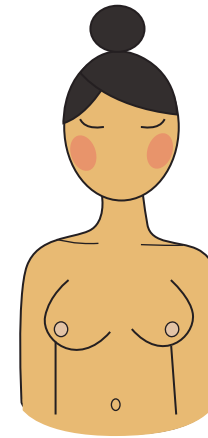
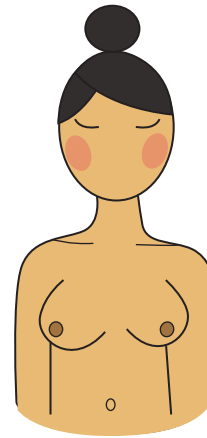
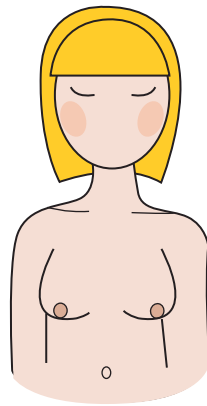
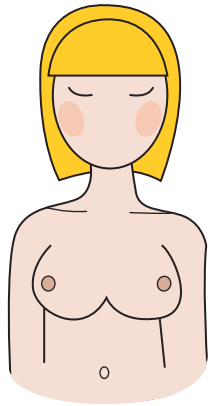
You might also find that one breast is bigger than the other.
Breasts might also change shape and size during your menstrual cycle, and
may even become bigger and lumpier during pregnancy!



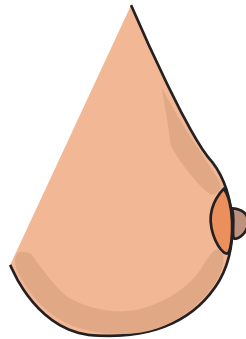
NIPPLES MIGHT BE...

Again, all of us are unique – and this includes nipples too! They might be...

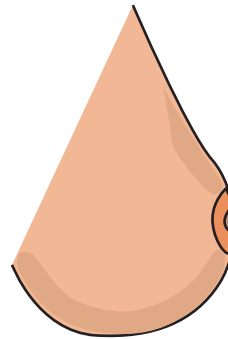
HIGH OR LOW



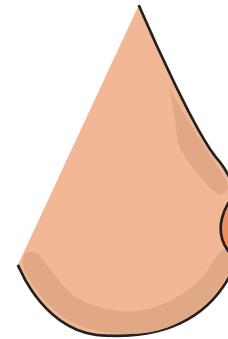
DARK OR PALE



POINT OUTWARDS



BE FLAT



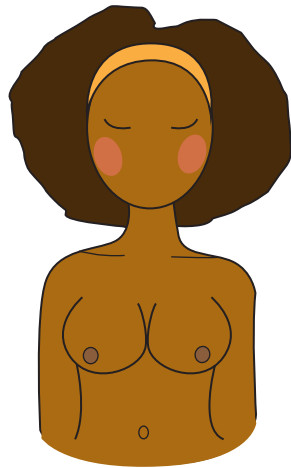
BE OR POINT INWARDS



SUPPORTING YOUR BREASTS

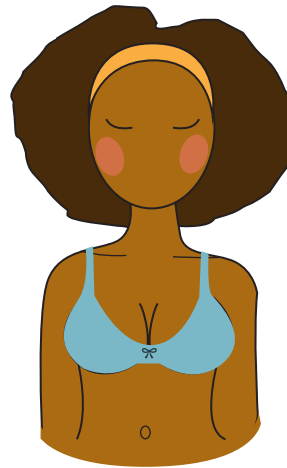
Our breasts can be unruly- moving up, down and side to side! Wearing the right kind of support can prevent breast movement, avoiding the stretching and pulling of breast ligaments and skin.

Here are the different levels of support breasts can have...



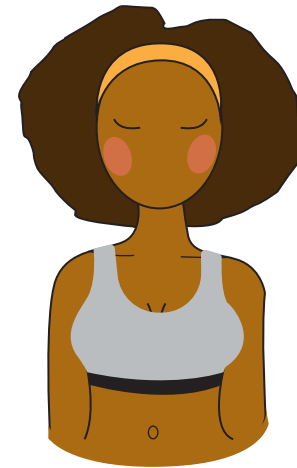
NO BRA

Without a bra, the only support you have is from the Cooper's Ligaments in your breasts. This is why wearing the right bra is important!



EVERYDAY BRA

Everyday bras are designed to offer general support – preventing too much breast bounce during everyday activities.



SPORTS BRA

Sports bras provide a higher level of support – designed to prevent breast movement during exercise. They can reduce movement by up to 55%!





WHY ARE SPORTS BRAS IMPORTANT?

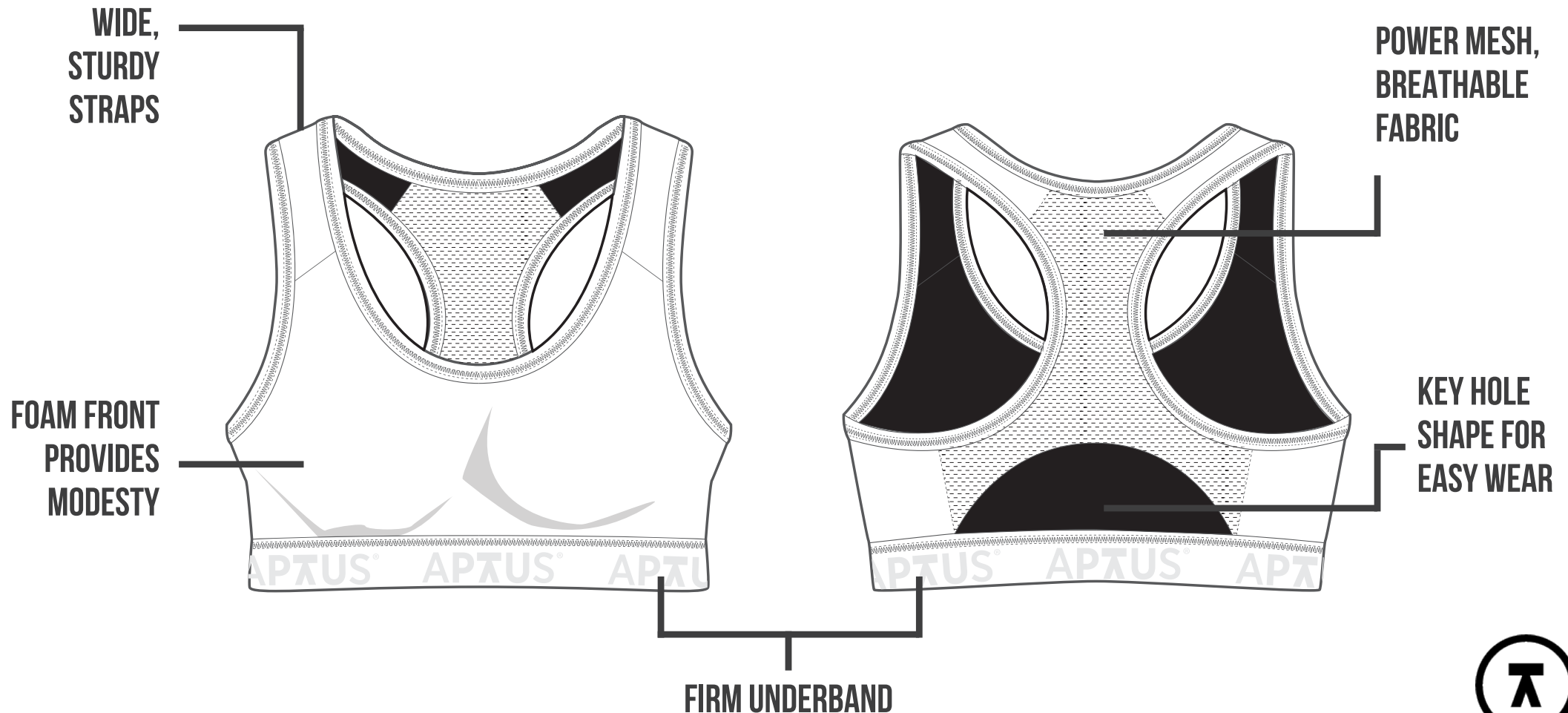
THE FACTS

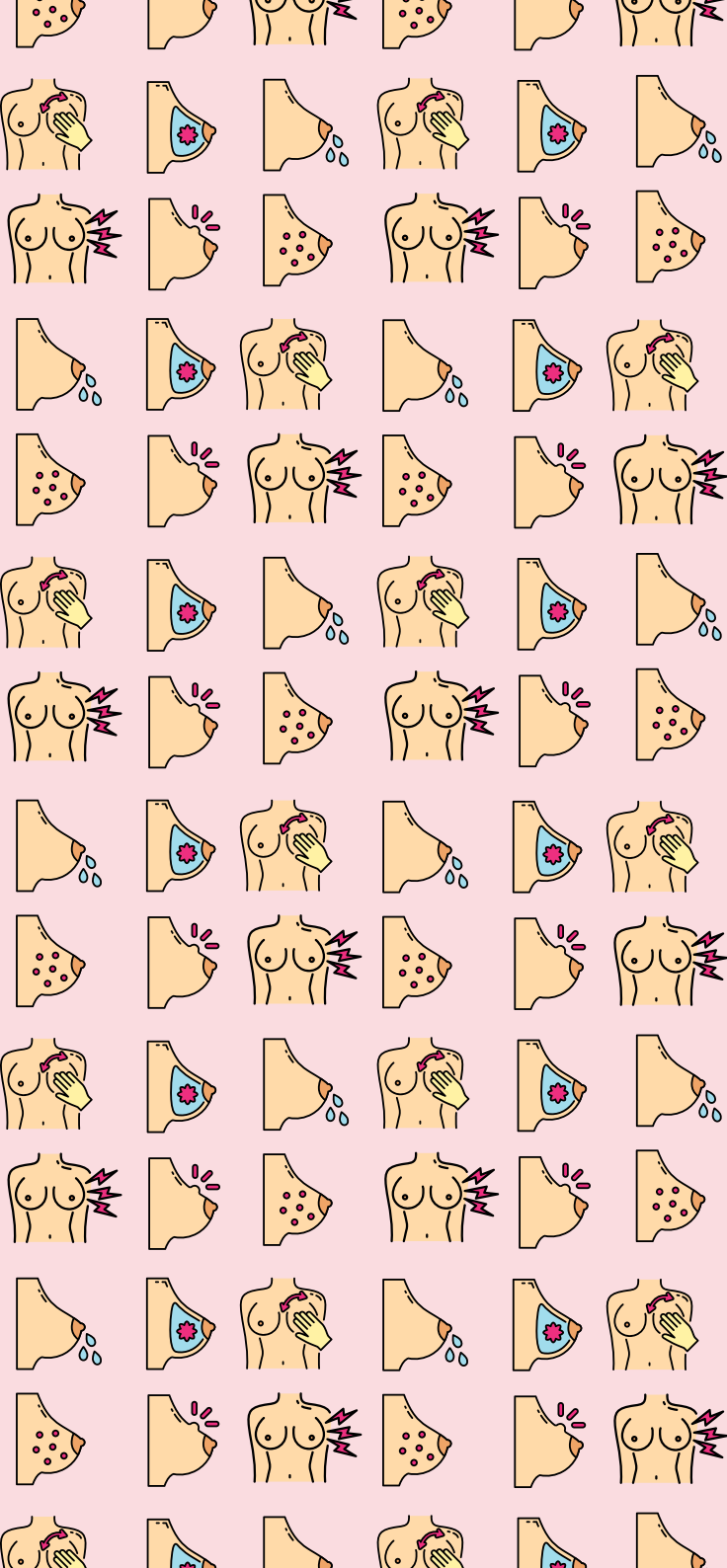
- If movement is not reduced, women risk stretching the fragile Cooper's ligaments, which, once damaged, are irreparable.
- A good sports bra reduces breast movement, even at walking speed for women of all cup sizes.
- 46% of girls aged 11-18 said their breasts had an effect on their sport participation.
- Studies show that half of girls aged 11-18 have never worn a sports bra!



WHAT MAKES A GOOD SPORTS BRA?

There is a combination of features that form a good sports bra. In order to support breasts and reduce breast movement, a sports bra should be snug, but not too tight. Wide straps and a firm underband creates this support while breathable mesh and foam padding features are there for comfort.





SIMPLE STEPS TO BEING BREAST AWARE

Anyone can develop breast cancer, but if detected early the chances of survival are better. There are some simple ways to detect any changes in your breasts and be aware of what they mean.

1.

Get to know your breasts.
How do they normally look and feel?

2.

Regularly look and feel for any changes.

3.

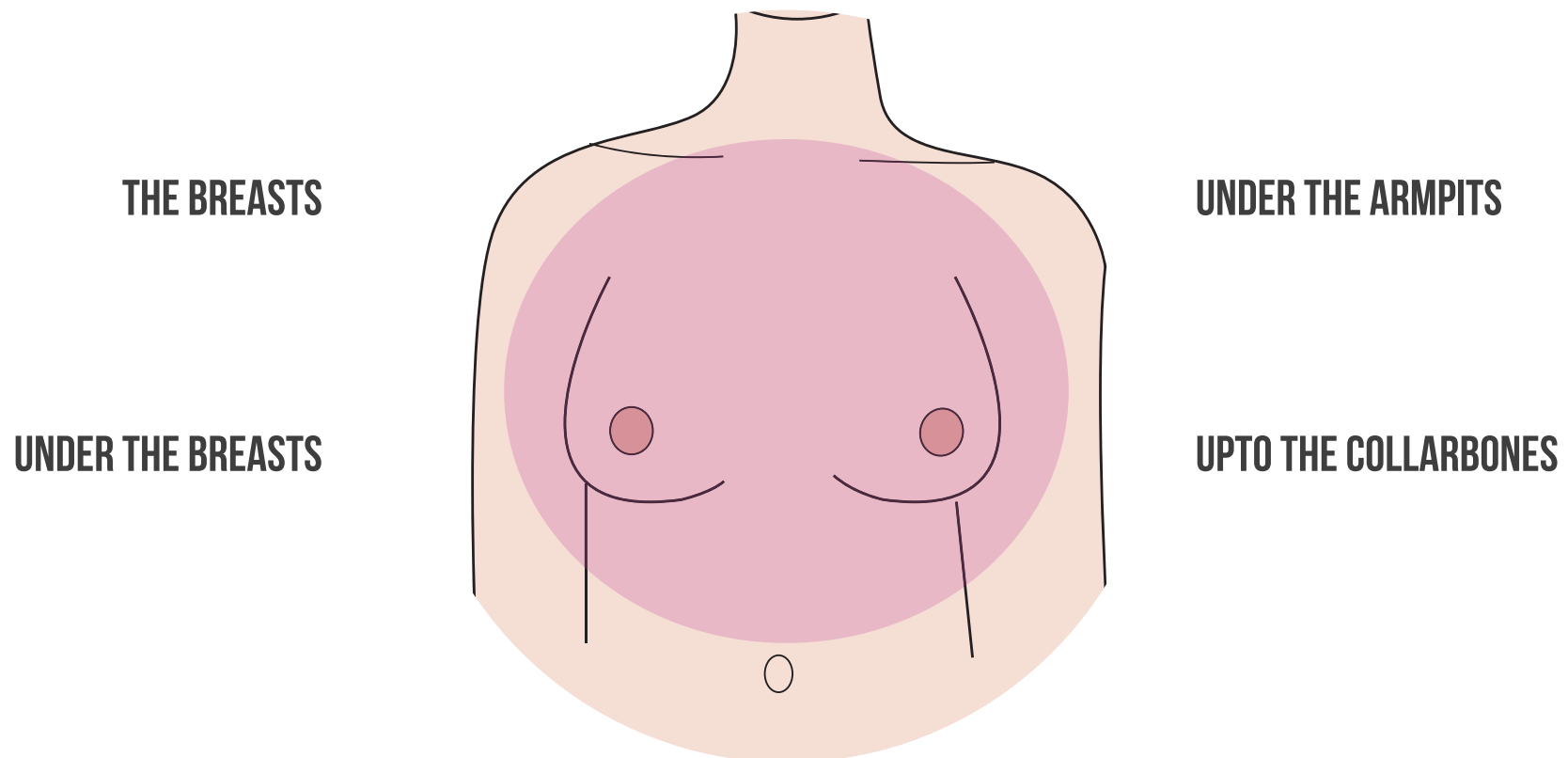
Talk to someone if you notice and changes.



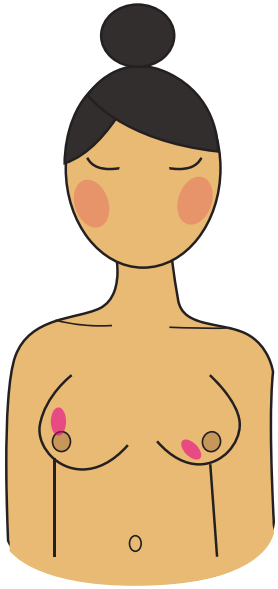
REGULAR CHECKS

Checking our breasts and surrounding areas regularly means that you can be aware of any health related changes. It also helps in getting to know how your breasts normally look and feel so that any changes are more apparent!

Areas you should regularly check are:

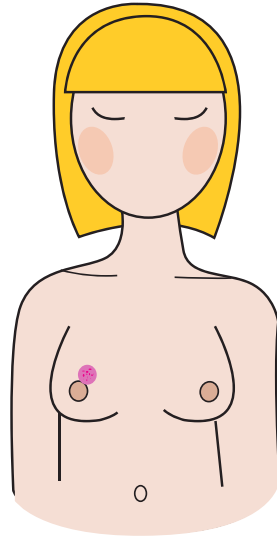


CHANGES TO LOOK AND FEEL FOR...



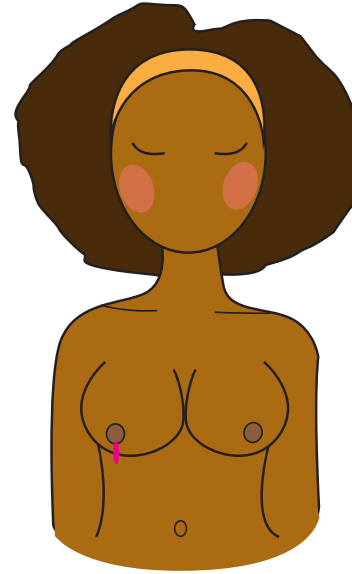
1

A new lump that
feels different
from normal



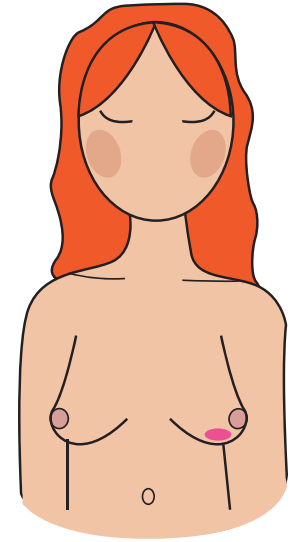
2

A rash on your
breast or nipple



3

Discharge
(liquid) from
your nipples

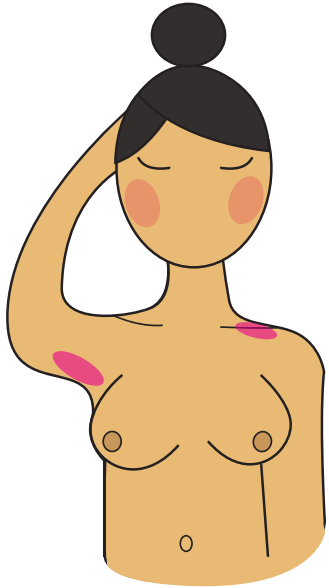


4

Skin texture
changing

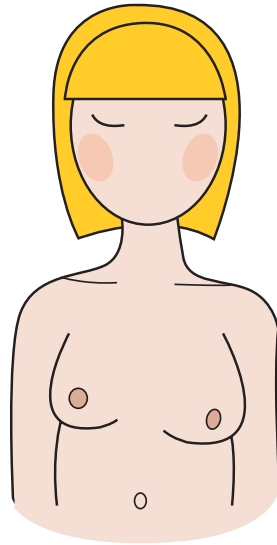


CHANGES TO LOOK AND FEEL FOR...



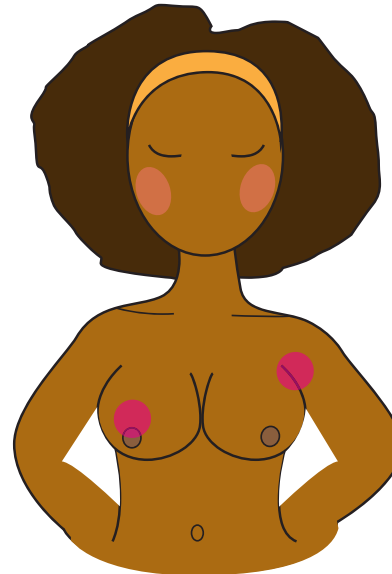
5

Swelling around
your armpit or
collarbone



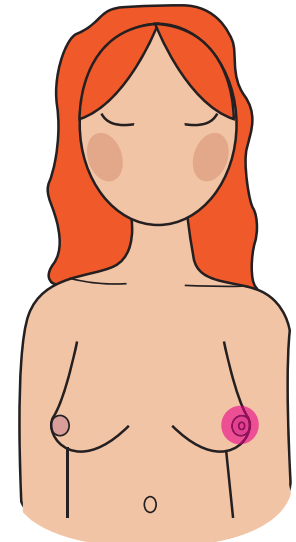
6

A sudden
change in
SIZE or SHAPE



7

Constant pain
in your breast
or armpit



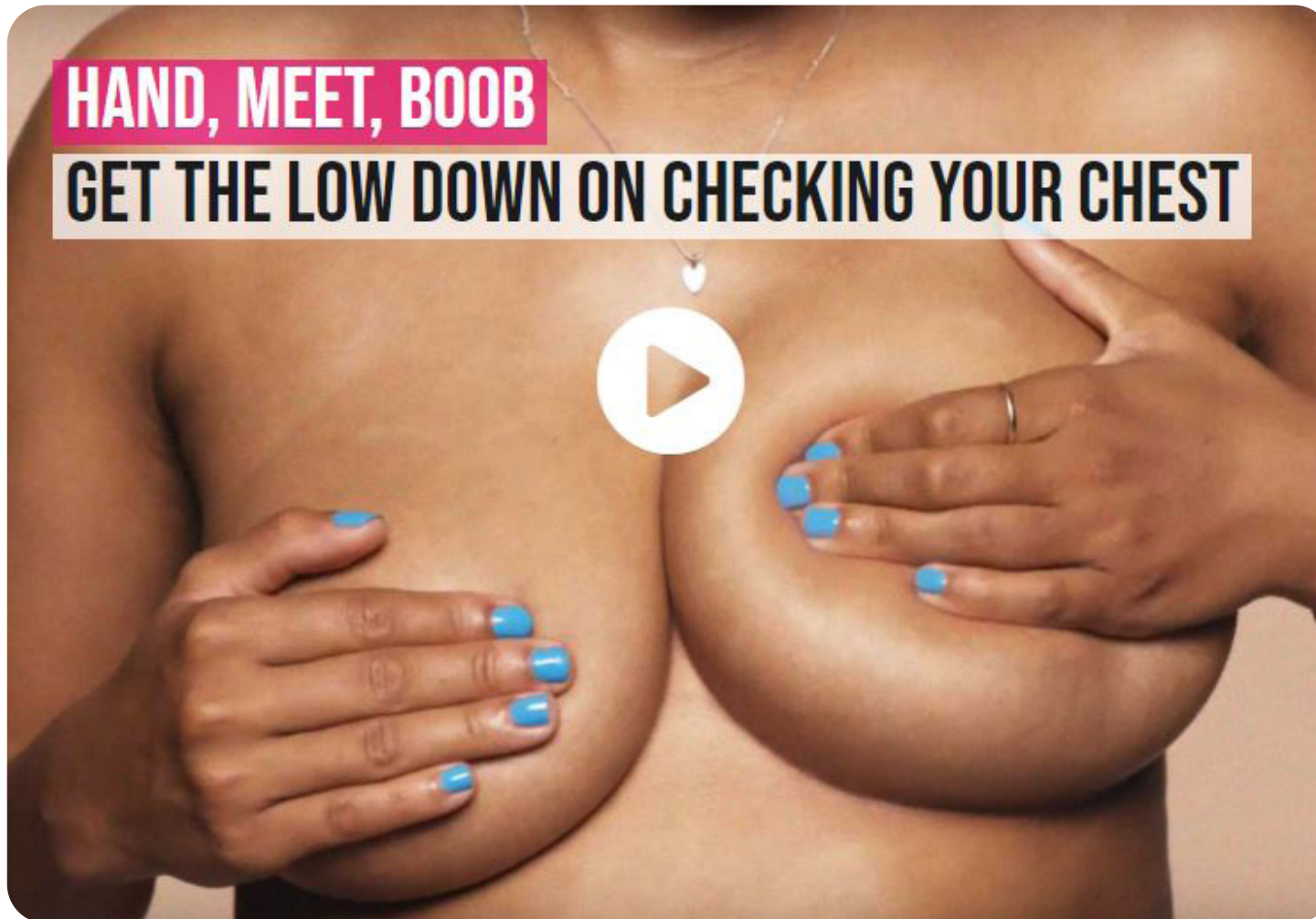
8

Your nipple
suddenly
becoming
inverted



REGULAR CHECKS

Check out the video below to show you exactly what to look out for and when to check your boobs:



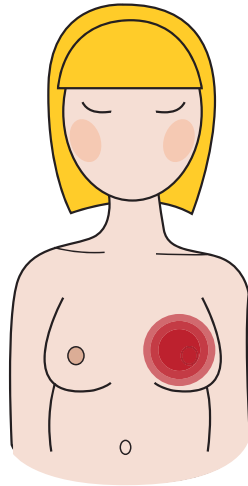
MYTH BUSTERS

Did you know that men can also be affected by Breast Cancer?
And lumps in and around the breast aren't always cancerous!

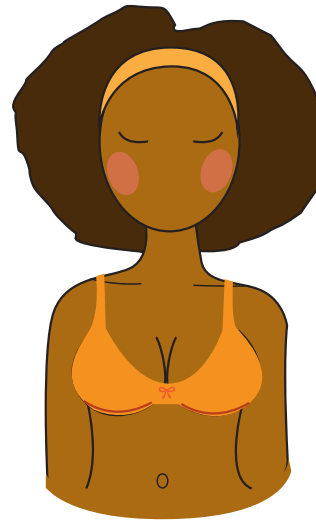
Also, despite the myths, the following things **WON'T** cause Breast Cancer...



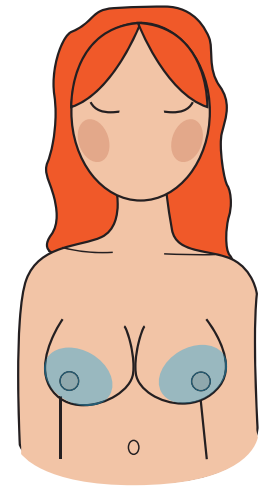
Using deodorant



Injuring the
breast



Wearing an
underwired bra



Breast implants





WHAT CAN YOU DO TO PREVENT BREAST CANCER?

1. Maintain a healthy body weight
2. Keep physically active
3. Eat a healthy balanced diet
4. Limit alcohol intake
5. Be breast aware





IT'S GOOD TO TALK!

Whether you have noticed a change in your breasts and are worried, or just have some questions about breast health, it's important to talk to someone!

THIS COULD BE...

1. A family member
2. Your teacher
3. Student Services
3. A trusted adult



SUMMARY

1.

Breasts are made of fat and glands – not muscle!

2.

Breasts and nipples are unique to you and come in all different shapes and sizes!

3.

Support your breasts with a good bra to prevent damage and movement.

4.

Always wear a sports bra when taking part in sport and physical activity!

5.

Be breast aware and check for any changes.

6.

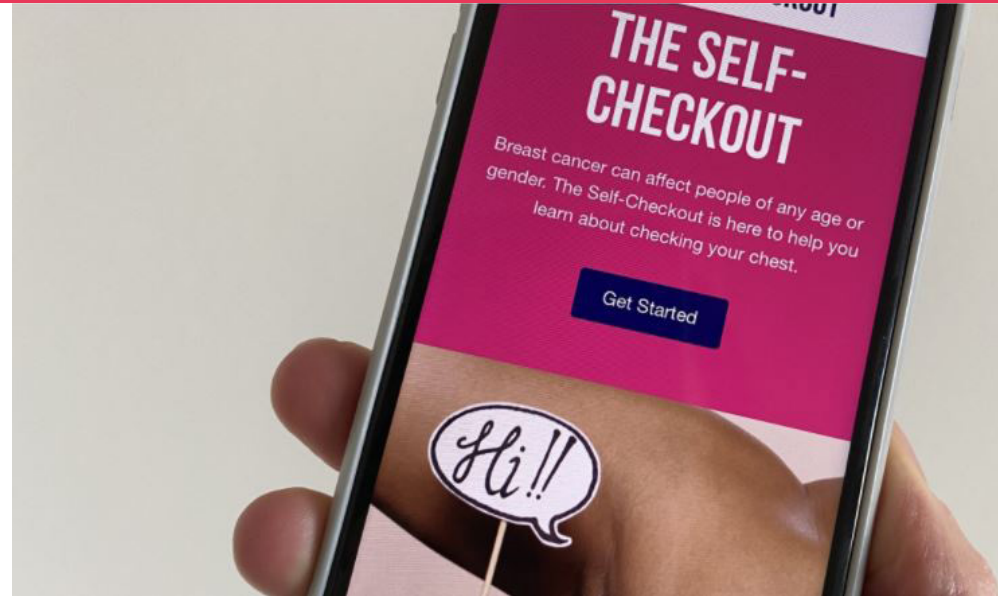
Talk to someone if you're worried!

SELF CHECKOUT

THE COPPAFEEL SELF CHECKOUT APP SIGN UP TODAY!

Coppafeel's web-app, the Self-Checkout, guides you through breast awareness and regular checks. The app also features important health information, offering knowledge and practical tools whilst building your confidence!

www.coppafeel.org/the-brazette/the-self-checkout/



GUYS, GALS,
NON-BINARY PALS
KNOWING YOUR BODY COULD
SAVE YOUR LIFE



For more information and resources on breast health and the APTUS Sports Bra
please contact **marketing@banner.co.uk**

