

# Tiakiina o ū

**Look after your breasts**

*Ko tō oranga, te oranga mō tō whānau  
Your wellbeing is wellbeing for your family*



**Your whānau  
need you to  
have regular  
mammograms  
every two years**

**BreastScreen Aotearoa** is a **FREE** national  
breastscreening programme for women aged **45-69**

Waea atu ki  
**0800 270 200**  
[www.breastscreen.govt.nz](http://www.breastscreen.govt.nz)