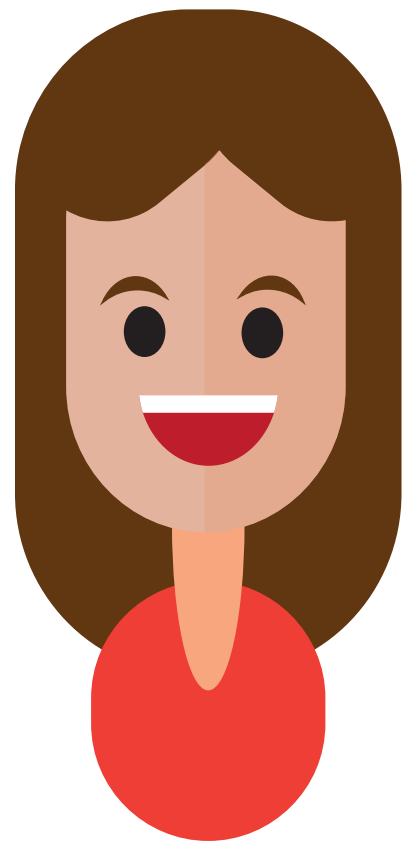
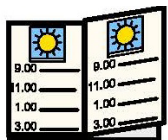


Know Your Body: What happens next...

Anna visits the doctor

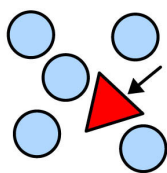




diary



change

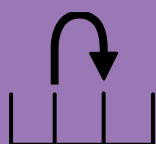
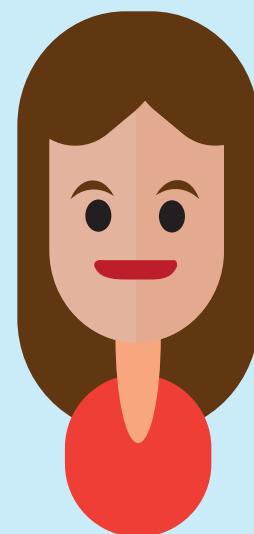


different

Hello - I am Anna and I use my body diary to write down when I have checked my boobs.

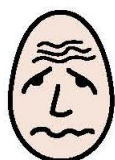
I do this so I get to know my body and can notice any changes.

Today I checked my boobs and they felt different.



next

What happens next...



worried

Anna should not be worried; changes happen and most of the time they are harmless.



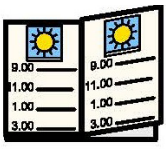
doctor

Anna **will visit her doctor** to tell them about how her boobs feel different.



supported

Anna might feel nervous but she can take someone with her to keep her company so she feels supported.



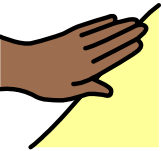
diary

Anna should take her body diary with her.



examination

The doctor will need to do an examination of Anna's boobs and under her arms.



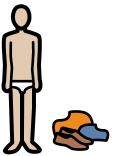
feel

An examination is when the doctor looks at and feels your body.



consent

The doctor will ask if they can examine Anna's body. If Anna says yes, she is giving her consent.



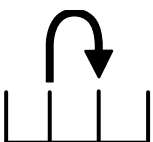
clothes off

Anna will need to take some clothes off so the doctor can do this.



embarrassed

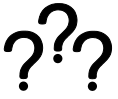
Anna might feel embarrassed but this is ok – she can have someone to support her and the doctor will be as gentle and quick as possible.



next

Once the doctor has examined Anna, they will then decide **what happens next.**

Questions I might like to ask...



questions

Version 2: Updated 3 December 2024, health information was correct as of 30 September 2022.

Health information in these materials are provided by **CoppaFeel!** with oversight from their Medical Advisory Group.

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