

Enlightened breast awareness

Use Breastlight as part of your normal breast awareness routine at home.

Breastlight is not a substitute for the routine breast screening you receive if you are aged 50 or over – we'd strongly advise you to take advantage of the chance to have a mammogram.

If you notice any changes in your breasts you should ask your doctor about them as soon as possible. They will probably be harmless but your doctor will be able to reassure you.

For more information visit our website at www.breastlight.com or e-mail info@breastlight.com



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breastlight™
enlightened breast awareness

breastlight™

an introduction

Helping you feel
more confident about
your breast health



www.breastlight.com

Enlightened breast awareness

Doctors recommend that you know how your breasts look and feel normally. Noticing any changes can lead to the earlier detection of breast cancer. This is often called breast awareness.

What is breastlight?

Breastlight is an aid to breast awareness for women to use at home. It gives you a new view of your breasts by shining a bright red light through the breast tissue. The light, which is perfectly harmless, highlights the blood vessels which normally show up as dark lines (see photo).

For the best view of your breasts, you should use your Breastlight in a darkened room to allow for maximum illumination from the red light. If you see a dark spot or shadow, this might suggest an abnormality and should be followed up with your doctor.

What will you see?

You will see veins and other blood vessels as dark lines in your breast. These are totally normal. Around the nipple you may see a circle of small dots – these are part of your mammary glands. These are also totally normal.

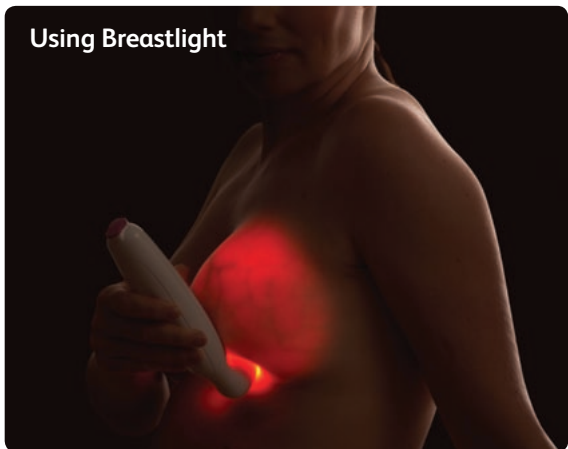
Over a number of months you will learn what your breasts look like when lit by your Breastlight. This internal view will become as familiar to you as the look and feel of your breasts on the outside.

As with all aspect of breast awareness, the important thing is to look out for any changes.

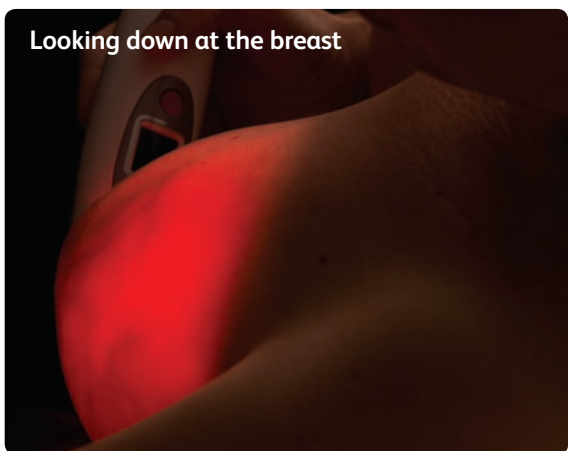
Breastlight has undergone extensive testing in hospitals and at home. It is easy to use and is powered by rechargeable batteries.

For more information please visit the website www.breastlight.com

Using Breastlight



Looking down at the breast



Here you can see veins and the nipple

