It's quick, it's easy and it's free. Be breast aware
Know what is normal for your body
Know what changes you should look for.

Changes you should look and feel for:
- Any lumps or thickening in your breast
- Skin - dimpling, puckering, or redness
- Nipple - pulled-in or flattened
- Around the nipple - rash, flaky or crusted skin
- A change in the size or shape of your breast
- Swelling in your armpit or around your collarbone
- Constant pain in one part of your breast or armpit.

Important: Screening is for women without symptoms. If you have any concerns please visit your family doctor (GP) immediately, even if you have had a recent mammogram.

BreastCheck is a Government funded programme and part of the National Cancer Screening Service.

Directions to the BreastCheck Southern Unit

Southern Unit - Infirmary Road, Cork
Tel: 021-464 9700
Email: southern@breastcheck.ie

Location
The BreastCheck Southern Unit is located next to the South Infirmary Victoria University Hospital on the corner of Infirmary Road and Hibernian Road. The Unit is a 5-10 minute walk from the centre of Cork City, 12 minute walk from Cork's Bus Station (on Parnell Street), 20 minute walk from Kent Train Station (on Lower Glanmire Road).

Car Parking
Disc parking is available on surrounding streets such as Anglesea St, Anglesea Place, Infirmary Road and Old Blackrock Road. Closest parking stations are City Hall Car Park and Merchants Quay Car Park.

Bus Services
No. 3, 4, 6, 7, 7A and 10 from Cork City Centre. Nearest bus stop is on Anglesea Street.

Freephone 1800 45 45 55
www.breastcheck.ie