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|                                  | <b>LinkedIn, Facebook, Twitter &amp; Instagram</b>  |
| <b>Hashtag(s) to include</b>     | #breasthealth #patientcare #patientsfirst #cancercare #womenshealth #breastcancer #bcsm   |
| <b>Copy plus tagged accounts</b> | <p><b>LinkedIn, Facebook, Instagram:</b><br/> Do your breasts look or feel different? In between annual mammograms, be sure to conduct regular self-examination of your breasts to look for any changes. If you are experiencing any of the symptoms below, don't delay until your next mammogram. Contact your breast care provider to schedule an appointment.</p> <p><b>Twitter:</b><br/> Do your breasts look or feel different? In between annual mammograms, be sure to conduct regular self-examination of your breasts to look for any changes. If you are experiencing any of the below symptoms below, don't wait until your next mammogram; schedule an appointment today.</p> |
| <b>Image</b>                     | <p style="text-align: center;"><b>Breast Changes</b> to Look Out For</p>  <p style="text-align: center;"> Nipple retraction or discharge      New lump in the breast or underarm      Changes in the skin including thickening, redness or dimpling      Pain in any area of the breast </p>  |