# KNOW YOUR LEMONS

## Fact Sheet

The **"Know Your Lemons"** kit is an innovative educational tool that uses a simple visual analogy of a lemon case to simplify breast health. As breast cancer signs extend far beyond just a traditional lump, this kit helps make breast health education more accessible by showing breast changes in a clear and relatable way, empowering women to recognize early warning signs with confidence.

Using the kit, women learn to identify 12 critical signs of breast changes, including visual and textural cues like skin dimpling, sunken nipples, skin thickening, growing veins, and unusual asymmetry.

To reinforce this visually and physically, the kit features squishy lemon-shaped tactile models equipped with an internal hard lump, allowing women to practice and understand what certain breast changes may feel like. It teaches them to recognize subtle or unusual changes during monthly self-checks.

While finding an unusual change is not a diagnosis, it is an urgent signal to consult a healthcare professional immediately for prompt evaluation. Early detection saves lives.

**-The End-**