

A GUIDE TO BREAST SELF-EXAMINATION

Breast self-examination should be done once a month during ovulation.

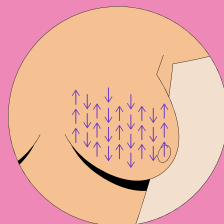


In front of a mirror

Check for any changes in the look and feel of your breasts, such as dimpling, size difference or nipple discharge. Inspect four ways: arms at sides; arms overhead; firmly pressing hands on hips; and bending forward.

Lying down

Lie on your back with a pillow under your right shoulder and your right hand under your head. With the four fingers of your left hand make small circular motions, follow an up-and-down pattern over the entire breast area, under the arms and up to the shoulder bone, pressing firmly. Repeat on the other side.



Whilst bathing

With your right arm raised, check your right breast with a soapy left hand and fingers flat using the method described under step 2 ('Lying down'). Repeat on the other side.

Breast self-examination should be done regularly. Encourage and inspire other woman to also go for their annual mammogram, by committing to do the same.

