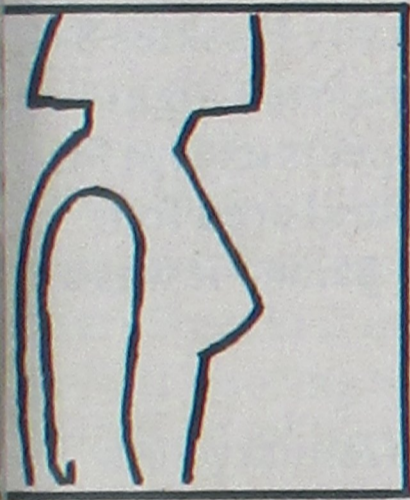


# BREAST SELF-EXAMINATION

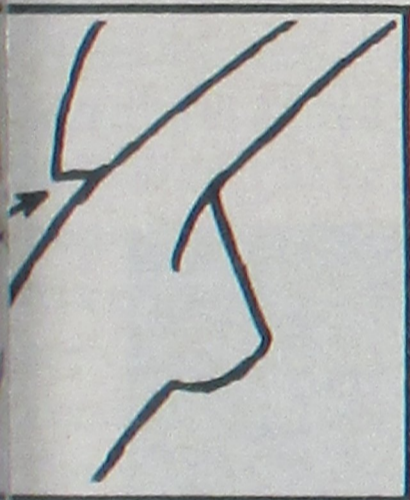
## BEFORE A MIRROR



1  
With your arms relaxed at your sides, inspect your breasts carefully for any changes in size or shape. Look for any rashes, puckered or dimpled skin, and for any discharge or change in the nipples.



TURN and inspect each side view of the breast. Observe for any flattening in side view. When turned, inspect back and bra line areas for moles and skin irritations.



2  
Raise your arms over your head and bend forward from your waist inspecting both breasts for any changes.

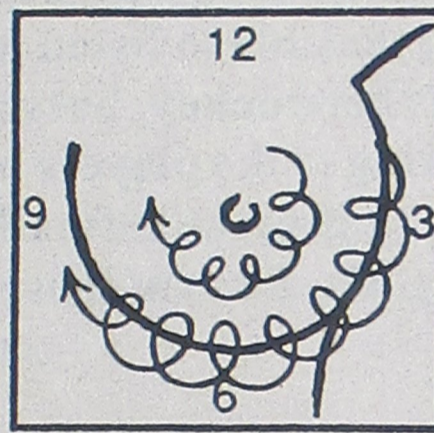


3  
Standing straight, raise your arms over your head and move them SLOWLY up and down (3 times), observing that the breasts move freely over the chest wall. TURN left and right, observing sides of breasts in same manner.

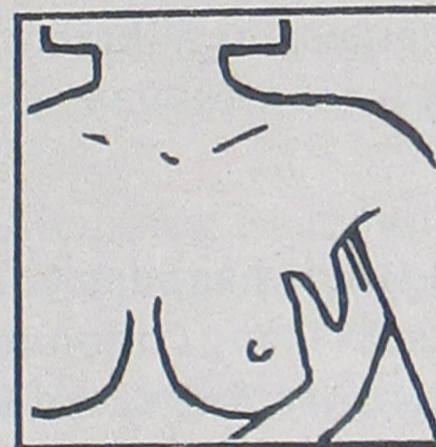
## LYING DOWN



1  
To examine your left breast, place the back of your left hand on your forehead. This distributes breast tissue more evenly on the chest. With the fingers of your right hand held together flat, press gently but firmly with small circular motions around an imaginary clock face, feeling the breast tissue between your fingers and your chest wall.



2  
Begin at the outermost top of your left breast for 12 o'clock, and without lifting your fingers from your breast feel slowly and carefully with small circular motions all the way around the rim of your breast back to 12. A ridge of firm tissue in the lower curve of each breast is normal. Now move your fingers in toward the nipple about 2 cms and feel all the way around again. Repeat this action as many times as necessary to be sure you have covered the entire breast, finishing over the nipple.



3  
Bring your left arm down to your side and, still using the flat part of your fingers, feel under your armpit, since breast tissue is found there as well.



4  
Now slowly repeat the entire procedure using your left hand on your right breast.

When you practice BSE you quickly learn what is usual for you, so if anything unusual develops you'll discover it at a very early stage. If a lump, thickening, or ANY CHANGE is discovered during BSE, it is important to see your Doctor right away. Don't be frightened. Most breast lumps or changes are NOT cancer, but only your Doctor can make that diagnosis.

Examine your breasts REGULARLY once a month, 7 to 10 days after each menstrual cycle begins, when breasts are usually not tender or swollen. If you are not menstruating, pick a special day, the first day of the month or your birthdate, to practise BSE. Doing BSE will protect your health.