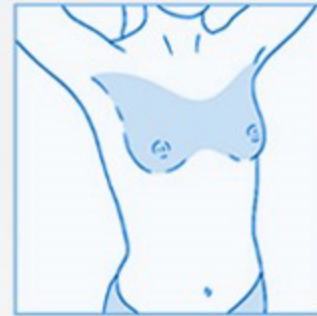




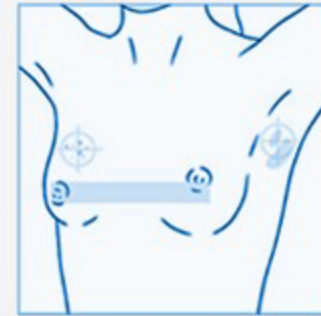
# BREAST SELF EXAMINATION



Check your breasts once a month, 7-10 days after your periods start. If you're not menstruating, pick any date



Examine your breasts with raised arms, then with both hands on your hip bones, then with arms down and relaxed.



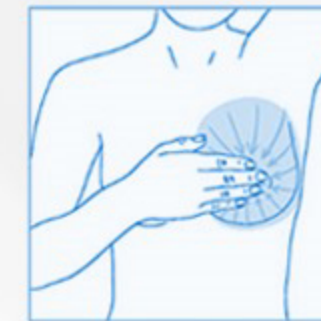
Look for any physical changes, e.g. lumps or swelling, redness or rash, any changes in the shape or position of the nipples.



Gently squeeze each nipple to check it for pain or discharge.



Raise one hand and use the pads of 3 or 4 finger of another hand. Examine your armpit first.



To check breast start at the outer edge and move toward the nipple. Cover as small section at a time as you can.



Do the same moving your fingertips up and downwards, then in round movements, starting from the outer part.



Do the same steps lying on your back. Use a pillow under the shoulder if you want to.



If you have any questions or doubts, visit your doctor. Do mammography annually after 40. Take care of your breast!

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