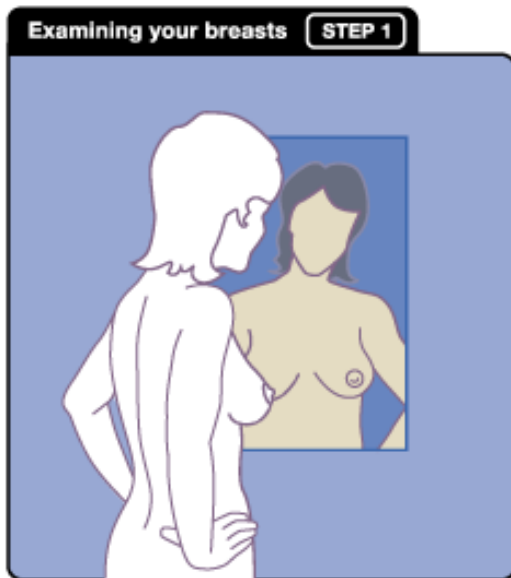


Check your breasts each month after each period



Step 1

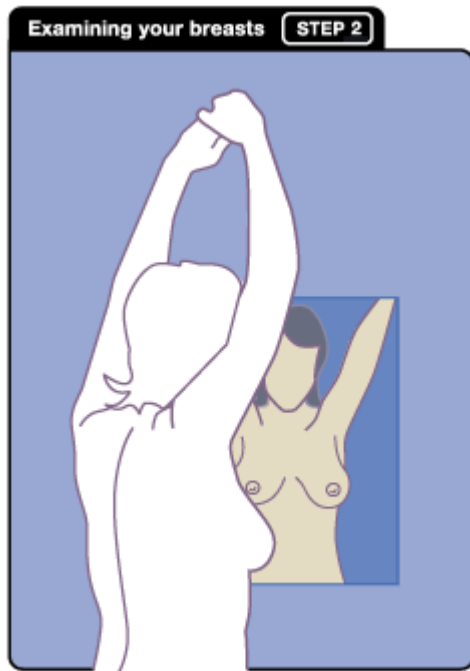
Look at your breasts in the mirror with your shoulders straight and your arms on your hips.

This is what to look for:

- Breasts that are their usual size, shape, and colour.
- Breasts that are evenly shaped without visible distortion or swelling.

If you see any of the following changes, visit your doctor:

- Dimpling, puckering, or bulging of the skin.
- A nipple that has changed position or a nipple that is pushed inwards instead of sticking out (an inverted nipple).
- Redness, soreness, rash, or swelling.



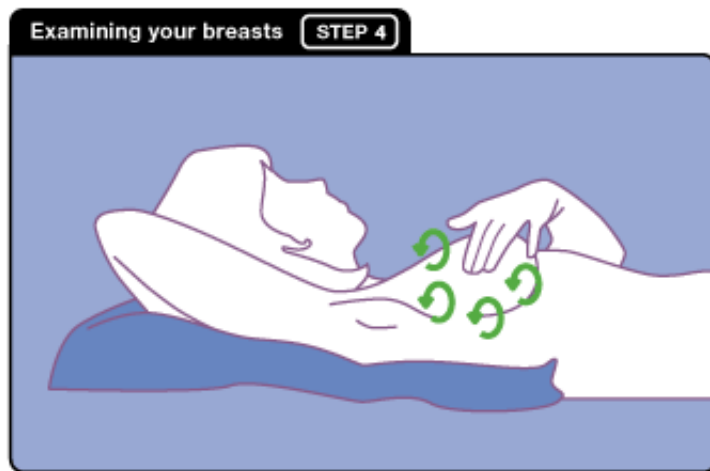
Step 2:

Next, raise your arms above your head, lightly grip your fingers and look for the same changes.

Step 3:

Lightly squeeze each nipple between your finger and thumb and check for any discharge that looks like a milky or yellow fluid or blood oozing from the nipple.

Your notes:



Step 4:

Lie on your back with your right arm raised and your hand tucked underneath your head. With the left hand, check your right breast using the first few fingers of your hand with a firm, smooth touch, keeping the fingers flat and together. Cover the entire breast from top to bottom, side to side—from your collarbone to the top of your abdomen, and from your armpit to your cleavage.

Follow a pattern to be sure that you cover the whole breast. Begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows. Be sure to feel all the breast tissue: just beneath your skin with a soft touch and down deeper with a firmer touch. Begin examining each area with a very soft touch, and then increase pressure so that you can feel the deeper tissue, down to your ribcage. Repeat for the left breast, tucking your left hand under your head and use the right hand to examine the left breast in the same way as above.



Step 5:

Now stand or sit on the edge of a chair and examine your breasts again. It might also be easier to examine your breasts when the skin is wet so you could do this step in the shower. Be sure to cover the entire breast, using the same hand movements described in Step 4.