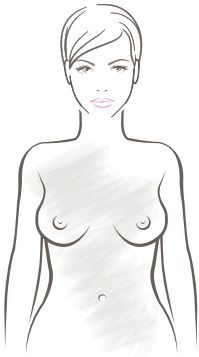


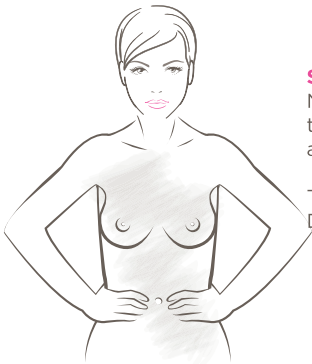
BREAST SELF-EXAMINATION



Step 1

Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips. Here's what you should look for:

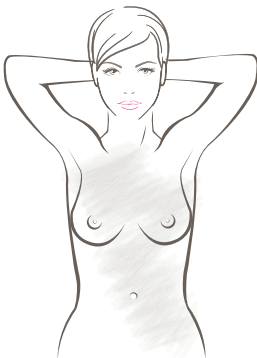
- Breasts that are their usual size, shape, and colour
- Breasts that are evenly shaped without visible distortion or swelling
- If you see any of the following changes, bring them to your doctor's attention:
 - Dimpling, puckering or bulging of the skin
 - A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
 - Redness, soreness, rash or swelling
 - Signs of fluid or discharge coming out of one or both nipples



Step 2

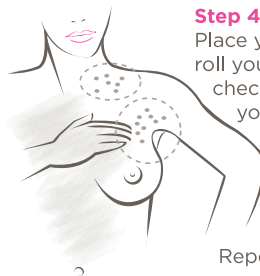
Next, put your hands on your hips and lean forwards slightly towards the mirror. Squeeze your shoulders and elbows forwards and look for any change in the normal shape of your breasts.

Then, bend forward at the waist and look forwards into the mirror. Don't worry if one breast is larger than the other, this is normal.



Step 3

Now, raise your arms and look for the same changes as in Step 1



Step 4

Place your left arm on your waist, roll your shoulder forwards and check your underarm area with your fingers for enlarged lymph nodes. If enlarged, they will feel like a kernel of corn or a bean. Also check the area above and below the collar bone.

Repeat on the other side.

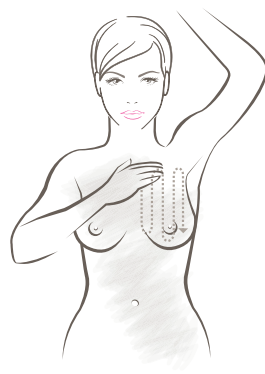
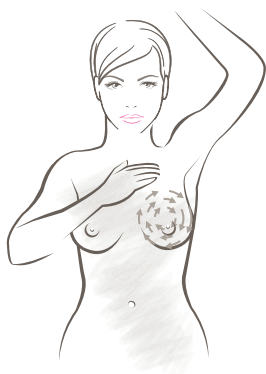
Step 5

Raise your left arm and use the pads of three or four fingers of your right hand to examine your left breast. Use a circular motion, about the size of a small coin.

Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. Alternatively, you can also start at the outer edge of the breast and move your fingers towards the nipple and back to the edge, checking your breast in one wedge-shaped area at a time. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn.

This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.

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. Repeat on the right side.



Step 6

Finally, feel your breasts while you are lying down. Cover your entire breast, using the same hand movements described in step 5. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do the checks in the bath or shower, or using body lotion.

