

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.



JAN

FEB

MAR

APR

MAY

JUNE

JULY

AUG

SEPT

OCT

NOV

DEC

When you have completed your breast exam for the month, tick the appropriate circle.

**EARLY
DETECTION
SAVES
LIVES**

**KNOW
YOUR
BREAST**



Issued in the public interest by
Department of Public Health, MoH



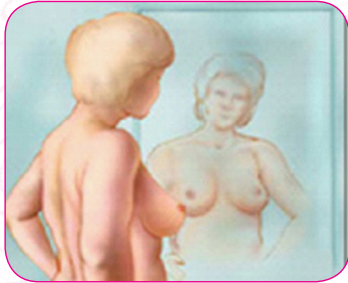
For more information, visit your nearest
health centre or call 112. ☎



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

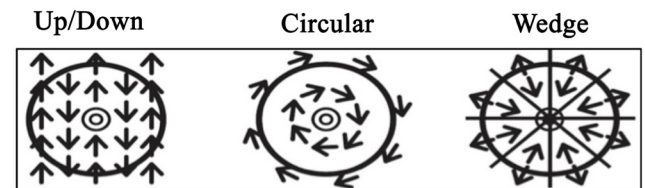
KNOW YOUR BREAST

Adult women of all ages are encouraged to perform self breast examination at least once a month.



STEP 1:

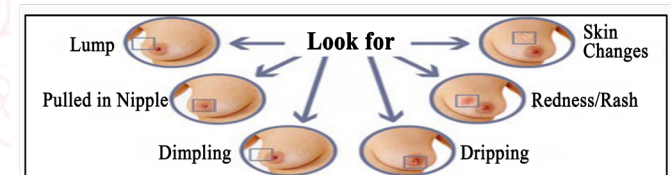
Look at both the breasts while standing in front of a mirror with hands on the hip and look for any changes in size (small variation in size is normal), shape, swelling and dimpling of the skin.



STEP 2:

Lie down and put your left hand under your head. Use your right hand to examine your left breast and vice versa.

With your three middle fingers move gently in circular motions over entire breast checking for lumps and thickening.



STEP 3:

You can feel your breast while you are sitting or standing.

Many women feel comfortable to feel their breast while in shower so that the skin is wet and slippery and easy for examination.



STEP 4:

Put your arm over the head and gently squeeze each nipple and look for any abnormal discharge coming out of the breast.



If you discover a persistent lump in your breast or any changes, visit nearest health centre immediately