

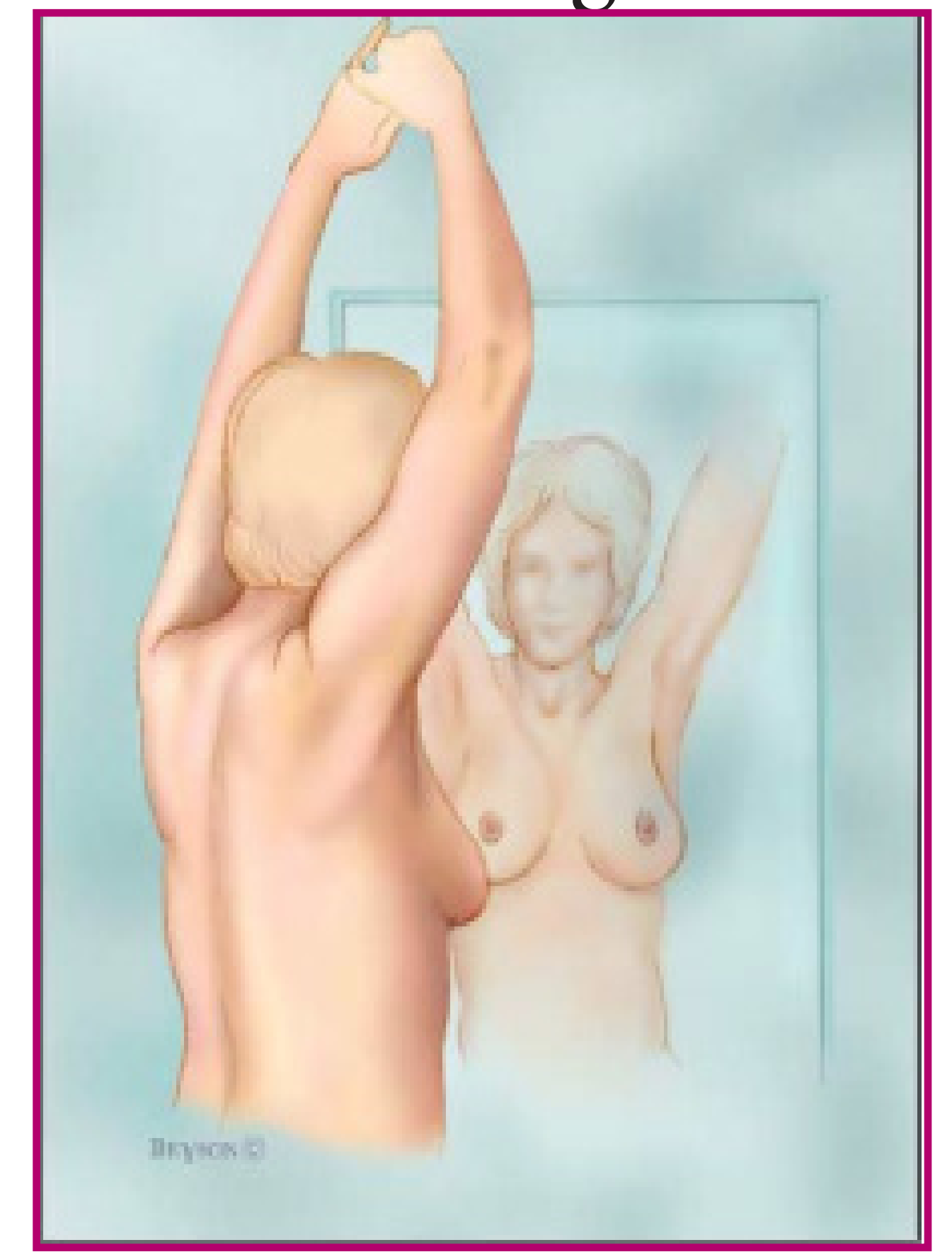
Reducing your risk of breast cancer by self examination

(Adult women of all ages are encouraged to perform breast self exams at least once a month)

Step 1:

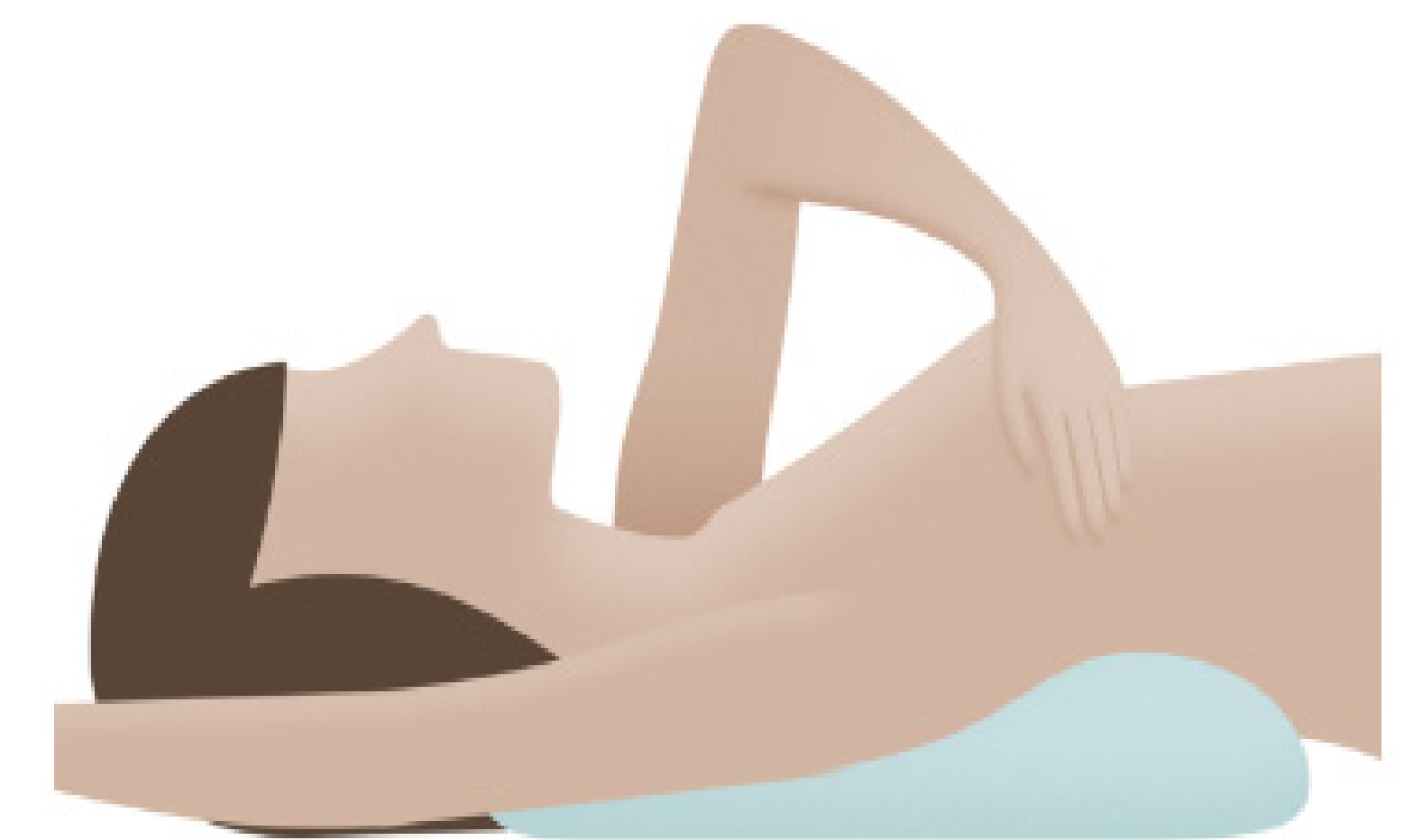
Stand in front of a mirror that is large enough for you to see your breast clearly. Look for the following

- Dimpling of breast
- Puckering
- Bulging of the skin
- Any swelling/Rash or redness
- Any discharge from the nipples.
- Changes in the size
- Inverted nipples



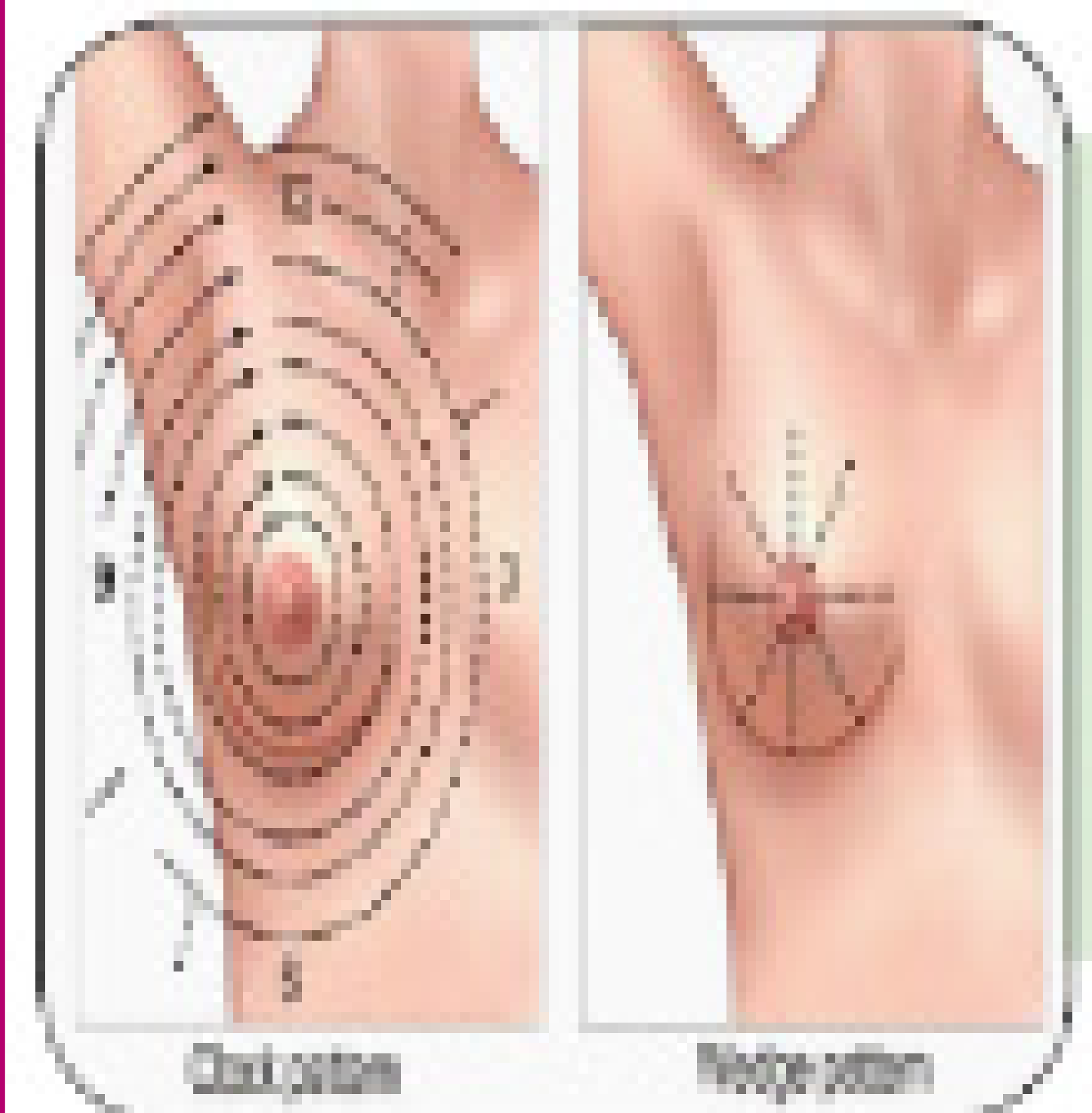
Step 2:

Feel your breast while lying down. Use your left hand to feel any lump in your right breast and your right hand to feel your left breast. Use a firm, smooth touch with the first few finger pads of your hand by keeping the finger flat and together. Perform self-breast examination every month after the 7th day of your menstruation.



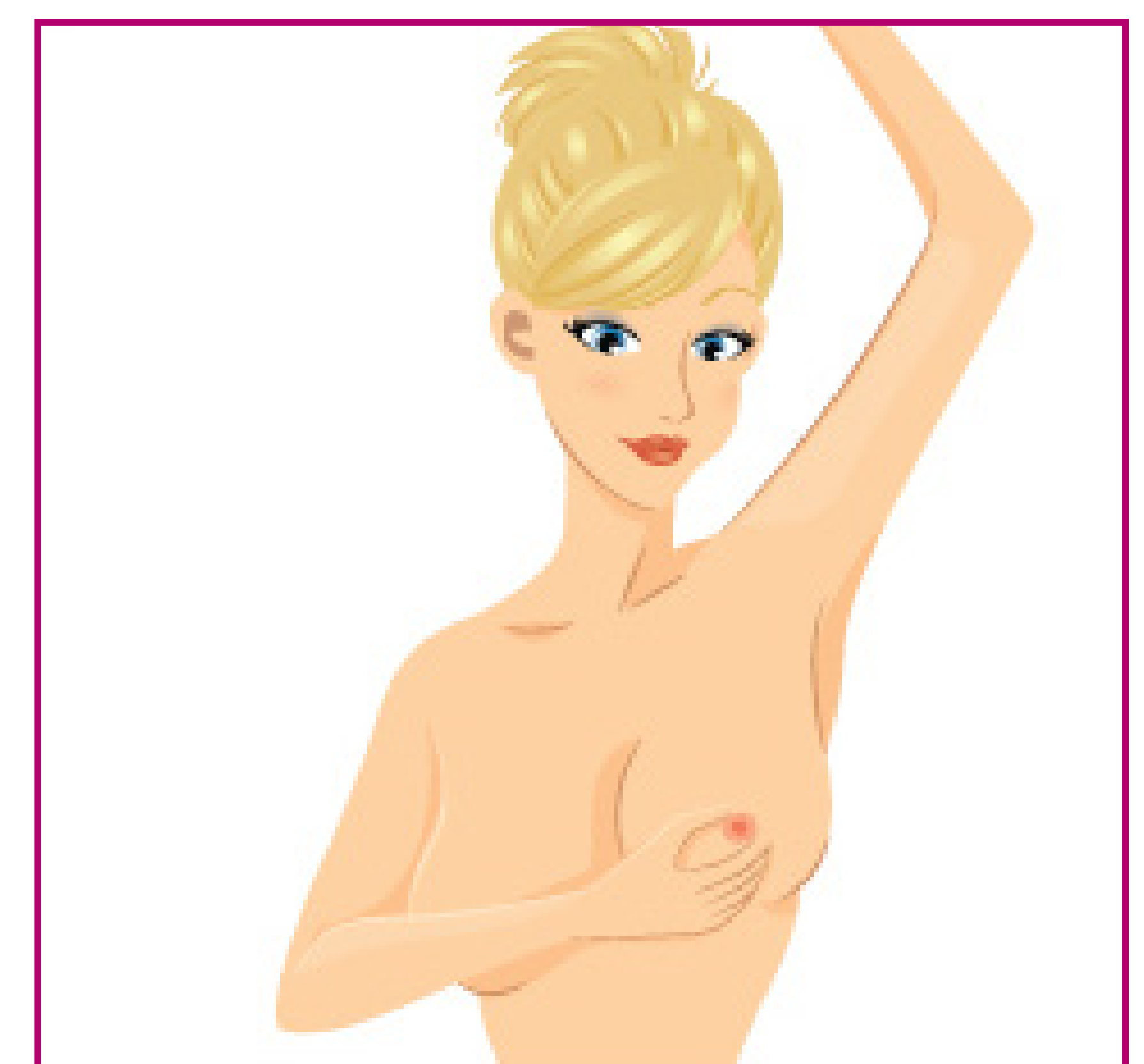
Step 3:

Use circular motion while feeling for lumps in your breast. 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. Following a pattern as in the picture will ensure that you cover the whole breast.



Step 4:

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



Step 5:

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.



If you discover a persistent lump in your breast or any changes, it is very important that you see a physician immediately though 8 out of 10 lumps are benign. All require evaluation to confirm that they are not cancerous.



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