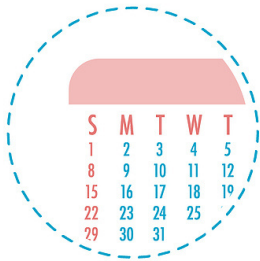
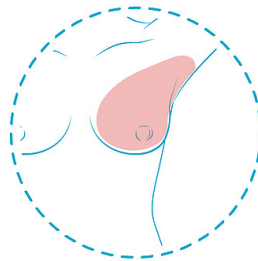


BREAST SELF EXAMINATION



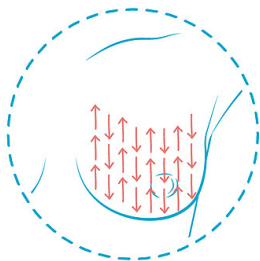
ONCE A MONTH,
2-3 DAYS AFTER PERIODS



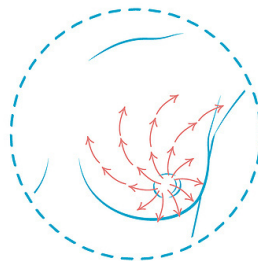
EXAMINE BREAST AND ARMPIT
WITH RAISED ARM



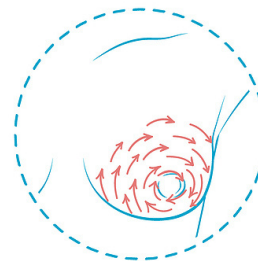
USE FINGERPADS WITH
MASSAGE OIL OR SHOWER GEL



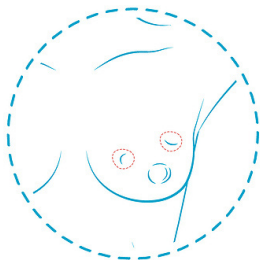
UP AND DOWN



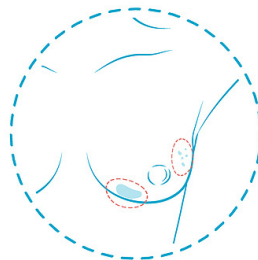
WEDGES



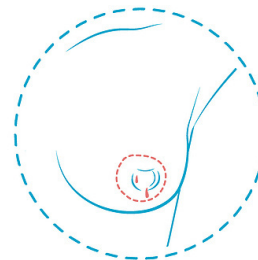
CIRCLES



EXAMINE BREASTS IN THE MIRROR
FOR LUMPS OR SKIN DIMPLING...



...CHANGE IN SKIN COLOR
OR TEXTURE...



...NIPPLE DEFORMATION,
COLOR CHANGE OR LEAKS OF ANY FLUID

1. Manual Inspection: Examine the entire breast and armpit area with the pads/flats of your three middle fingers, pressing down with light, medium, and firm pressure. Check both breasts monthly for lumps, thickening, stiffened knots, or other breast changes.

2. Visual Inspection While Standing: Examine your breasts with your arms at your sides. Raise your arms far overhead next. Check for any changes in the shape, swelling, or dimples on the skin and the nipples. Next, place your palms on your hips and squeeze your chest muscles firmly. Left and right breasts will not match exactly—very few women's breasts do—so look for any dimpling, puckering, or alterations, especially on one side.

3. Manual Check While Lying Down: When lying down, the breast tissue spreads evenly across the chest wall. Position a cushion under your right shoulder and right arm behind your head. Move the pads of your fingers around your right breast, encompassing the entire breast area and armpit, with your left hand. Examine for discharge and lumps after compressing the nipple. Repeat the procedure for the left breast.