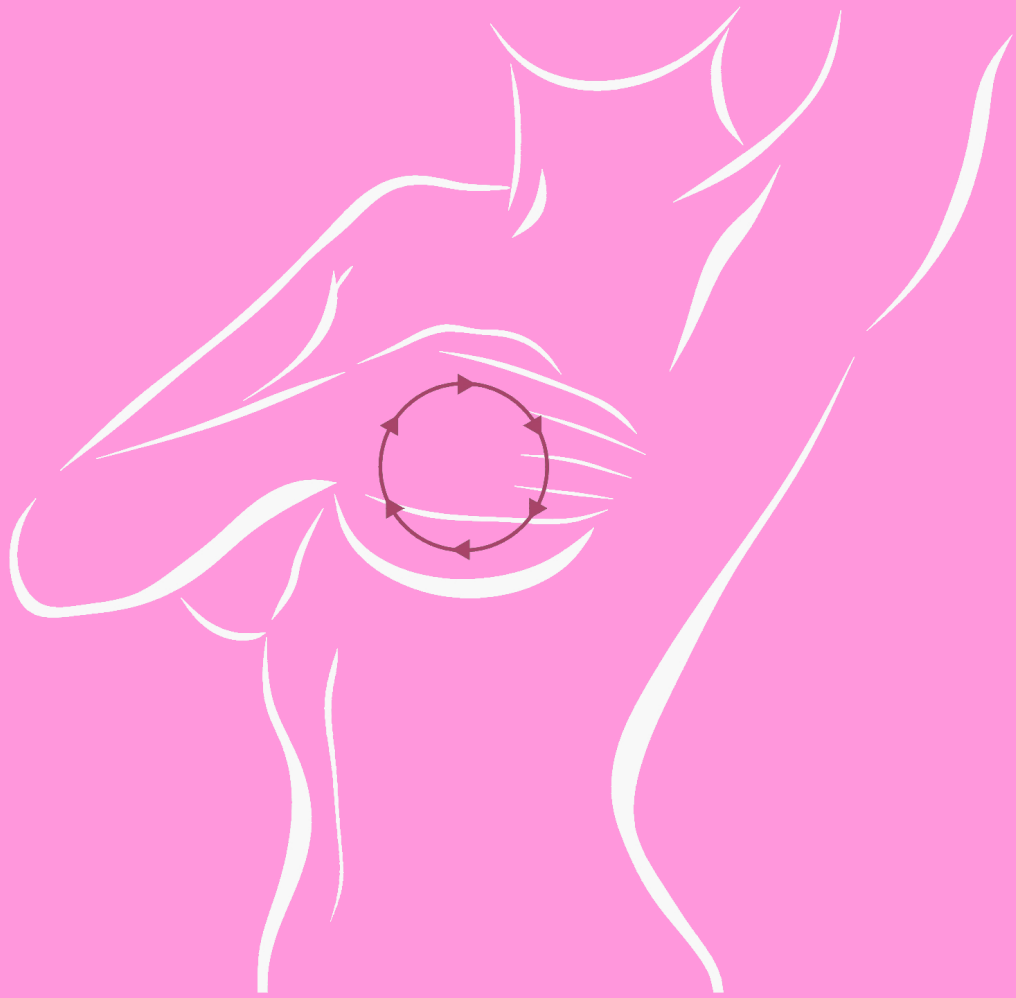


Self-examine your breasts



From the age of 20, women should self-examine their breasts monthly to feel for changes to their breast tissue that could feel like a thickening or a hard lump. Menstruating women should do their self-examinations roughly three to five days after their menstrual cycle, when their breasts are least tender and lumpy. Women who are no longer menstruating should do their examinations on the same day every month.

Breast examinations are easiest to do while in the shower or bath, with soapy hands.



- 1 Raise one arm over your head and use the pads of your middle three fingers (not the tips), to gently inspect your breast for any unusual lumps.
- 2 In a smooth, circular motion, press down on your breast with light, medium, and firm pressure from the outer area of the breast towards the nipple.
- 3 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.
- 4 Repeat on the other side.

Early signs of breast cancer may include

- ✿ A hot, tender breast.
- ✿ Changes in the breast skin, such as skin dimpling.
- ✿ Changes in the breast shape.
- ✿ A lump or swelling in the breast or armpit.
- ✿ Breast or nipple pain.
- ✿ Inverted nipple or spontaneous discharge.
- ✿ Persistent itching and flaking around or of the nipple.