

# HOW TO CORRECTLY EXAMINE YOUR BREAST

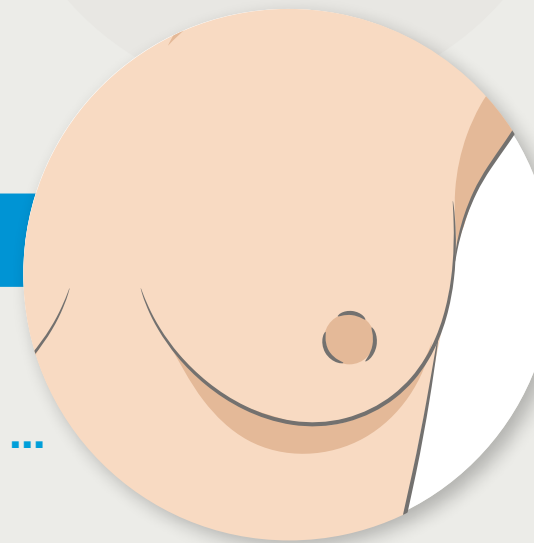
MONAT

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

CHECK YOUR BREASTS ONCE A MONTH, ALSO AFTER YOUR MENOPAUSE. IDEALLY TWO OR THREE DAYS AFTER THE BEGINNING OF YOUR PERIOD.



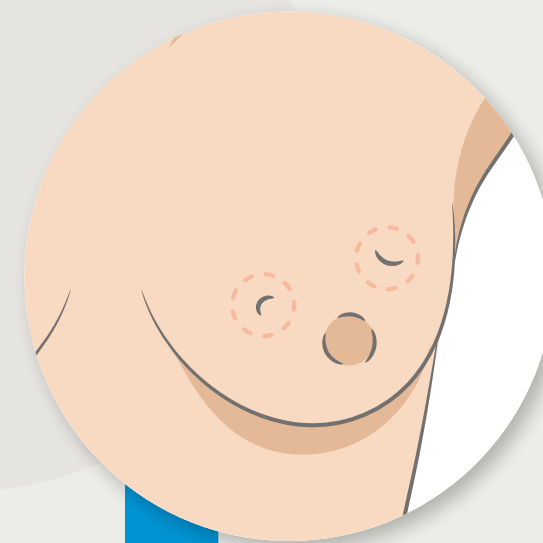
LIFT YOUR ARM AND EXAMINE YOUR BREAST AND ARMPIT ...



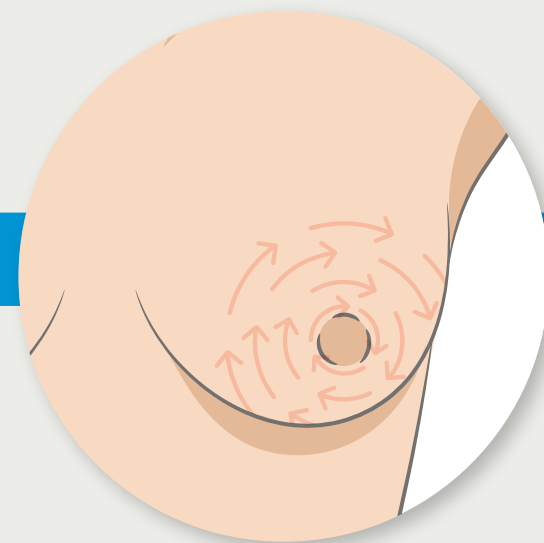
... AS WELL AS YOUR BREAST FOLD.



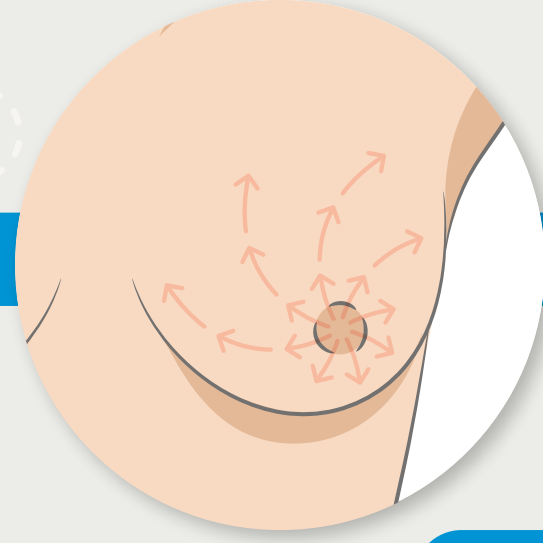
USE MASSAGE OIL OR SHOWER GEL AND THE TIPS OF YOUR FINGERS.



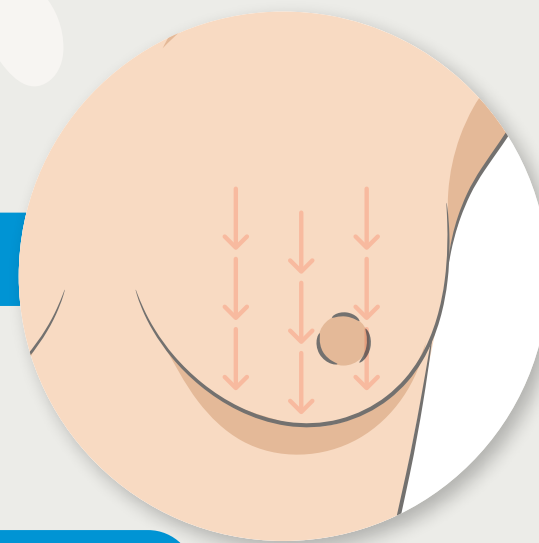
LOOK AT YOUR BREASTS IN THE MIRROR AND CHECK FOR LUMPS OR INDENTATIONS ...



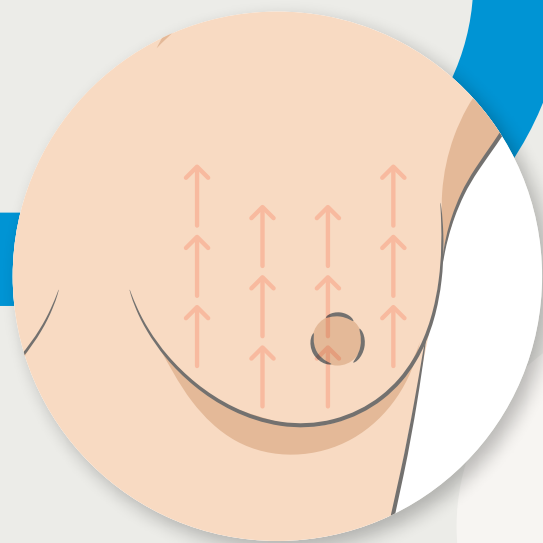
... AND IN CIRCLES.



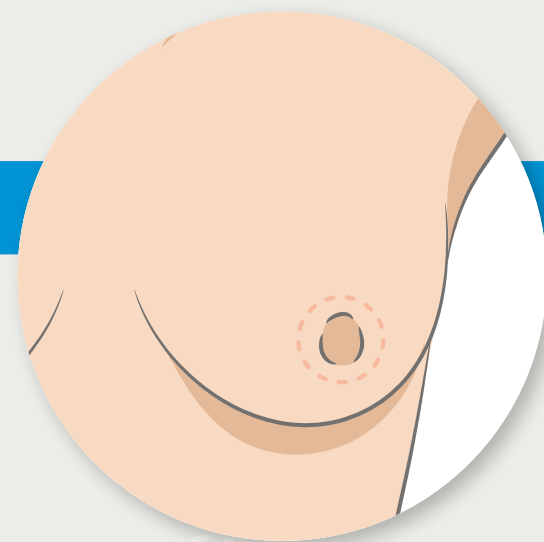
... OUTWARDS FROM THE NIPPLES ...



FIRMLY BUT SMOOTHLY RUN YOUR FINGERTIPS FROM THE BOTTOM OF YOUR BREAST TO THE TOP AND VICE VERSA.



... REDNESS OR OTHER CHANGES IN THE SKIN ...

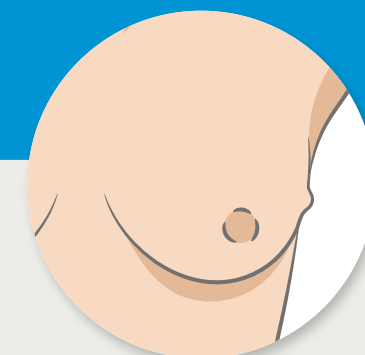


... AND FOR ANY CHANGES IN THE NIPPLES.

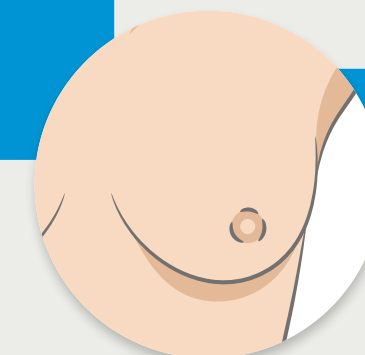
## THE MOST COMMON BREAST CANCER SYMPTOMS ARE:



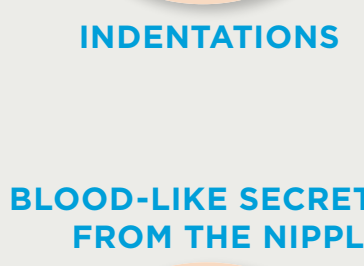
INDENTATIONS



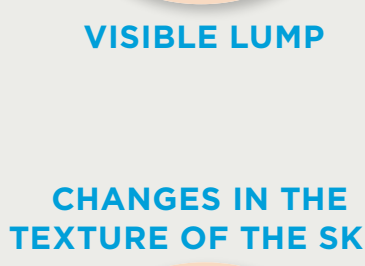
VISIBLE LUMP



INVERTED NIPPLE



BLOOD-LIKE SECRETION FROM THE NIPPLE



CHANGES IN THE TEXTURE OF THE SKIN



CHANGES IN THE COLOUR OF THE AREOLAS

IF YOU NOTICE ANY OF THESE CHANGES, PLEASE CONSULT YOUR GYNAECOLOGIST.

