

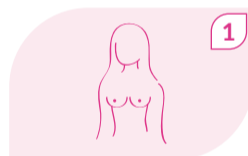


Breast self-examination is extremely important in the early detection of breast cancer. **The self-exam should be performed regularly – preferably between the 5th and 10th day of your cycle. Postmenopausal women should perform the self-exam on one specific and fixed day each month.**

BREAST SELF-EXAMINATION GUIDE

How to check your breasts correctly?

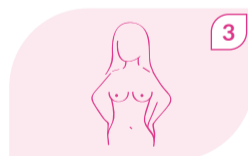
Examine your breasts by touching – both when you are standing up and lying down. Look at your breasts in front of the mirror. Any nipple asymmetry or change to the skin may be a warning sign.



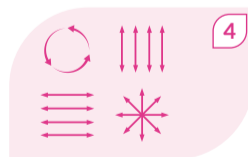
Raise your arms, put them behind your head, elbows back, and compare the symmetry of your breasts again.



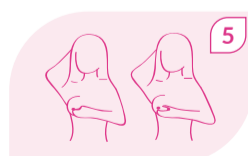
Put your hands on your hips, push your shoulders and elbows forward. Once again, look carefully and compare the symmetry of your breasts.



In order not to leave any area unexamined, examine your breasts step by step following circular, vertical, horizontal or radial lines with your nipple at the centre.



Raise your arm. While massaging the area around the nipple with two or three fingers of the opposite hand, press the area around the nipple and each area of the breast. Repeat this with the other breast. When pressing the area around the nipple, check for any discharge coming out of it.



Examine your nipple by touching it when lying down. Place one hand high above your head. Put a pillow or rolled-up towel under your shoulder.

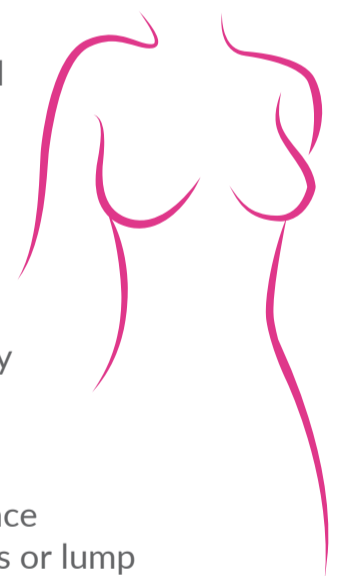


Finally, check the lymph nodes under your arms. Raise your arm so that it is in a horizontal position and examine the armpit with your other hand.



Remember:

- ✓ Breasts should be examined slowly and gently.
- ✓ Any woman who regularly examines her breasts, knows exactly how they are built and can more easily notice a disturbing change.
- ✓ Any change in the appearance of the breasts, any thickness or lump should make you visit a gynaecologist.



Visit a doctor if you noticed:

- ✓ Breast asymmetry
- ✓ Change in the appearance of the breasts; redness, wrinkles, dragging, skin collapse
- ✓ Lump or thickening in the armpit
- ✓ Change within the nipples: asymmetry, sticking out, ulceration, discharge
- ✓ Emergence of changes that have not previously occurred