

# TAKE CARE OF YOURSELF WITH A FEW SIMPLE GESTURES

**Breast self-exam can be an important way to find a breast cancer early.**

While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes. The best time to do a monthly self-breast exam is about 3 to 5 days after your period starts.

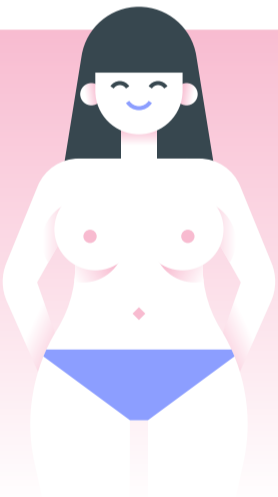


## HOW TO DO A BREAST SELF-EXAM: THE STEPS

In front of a mirror

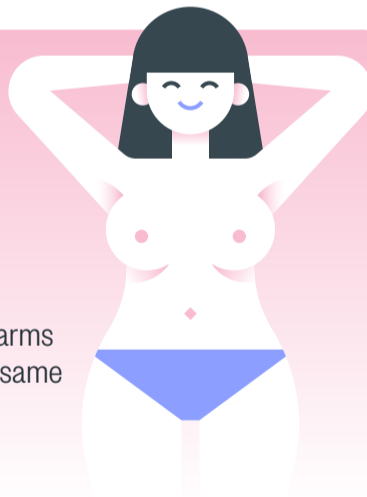
①

Visually inspect your breasts with your arms at your sides and check for changes: shape, skin (check for rash or redness), nipples and vein patterns.



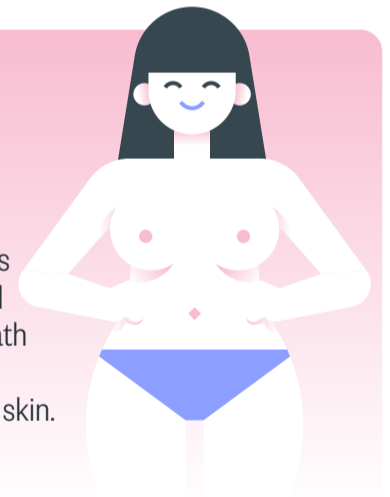
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Now, raise your arms and look for the same changes.



③

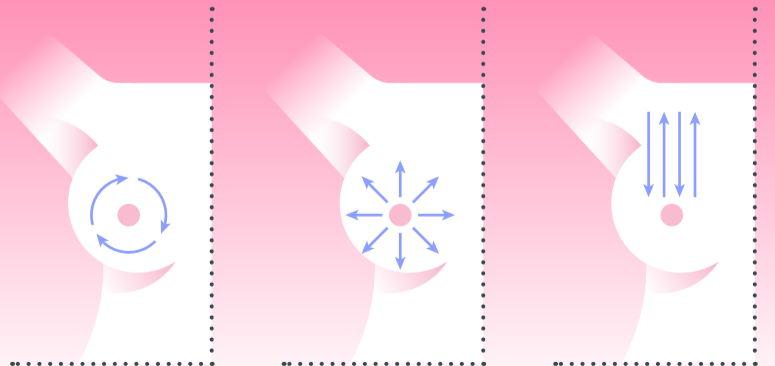
Place your hands on your hips and take a deep breath to observe any retraction of the skin.



On your back

④

Place your right hand behind your head. With the middle fingers of your left hand, gently yet firmly press down using small circular motions to examine the entire right breast. Feel also your armpit using light, medium, and firm pressure. Repeat these steps for your left breast.



⑤

Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

