

CHECK IT BEFORE IT'S REMOVED

AN INITIATIVE FOR BREAST CANCER AWARENESS

Now is the time to take action. Here is your self-check tutorial.



1. Compare your breasts.

Stand in front of the mirror, and put your hands on your hips. Compare your breasts and look for changes in size, shape or position. Also pay attention to changes in your skin or nipples.



2. How do they move?

Raise both of your arms. Look from the front, and from the sides. Do your breasts follow the movements?



3. Look at your nipples.

Pay attention to your nipples. Are they turned in?



4. Pat your breasts.

Start patting your breasts, ideally while laying on your back. Stick one arm behind your head. Use your other hand to pat the breast on the opposite side. Pat systematically, with small circular movements. Start in the middle of your chest bone, and pat going up, then down, then up again, continuing across your breast. Also pat the area around the areola. Keep your hand flat, and pat with your fingertips.



5. Pat your armpits.

Also pat your armpits.



6. Squeeze the nipple.

Put your nipple between your thumb and index finger, and squeeze it. Make sure there isn't any discharge.



Did you notice anything unusual?

Talk to your gynaecologist if you spot any changes. Ideally you should check your breasts once a month on a set day in the first week after your period.