

BREAST

Self Examination

EXAMINE YOUR BREAST IN A MIRROR ONCE A MONTH, 1 WEEK AFTER PERIOD.

01

Examine breast and armpit with your arms raised

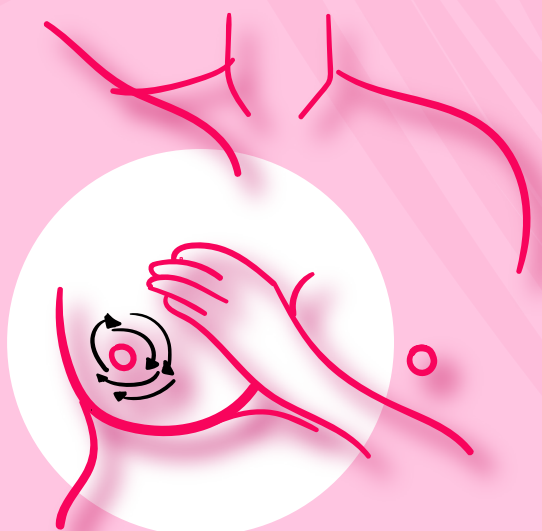


Use the flat of your fingers to feel

02

03

Up and Down

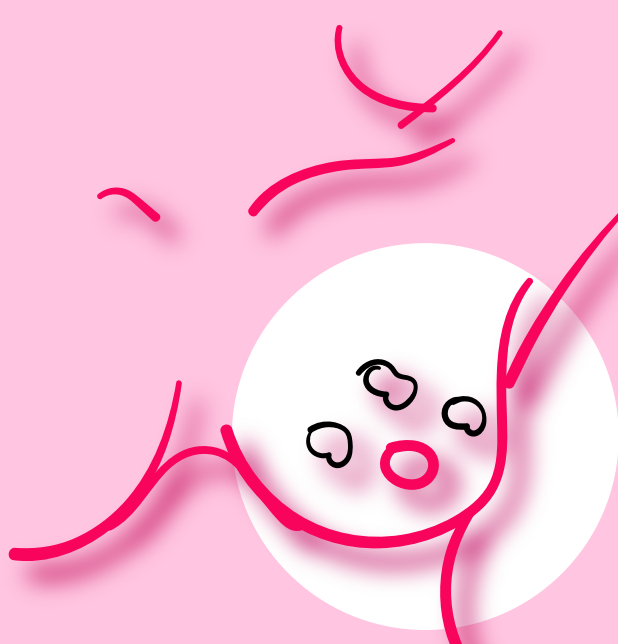
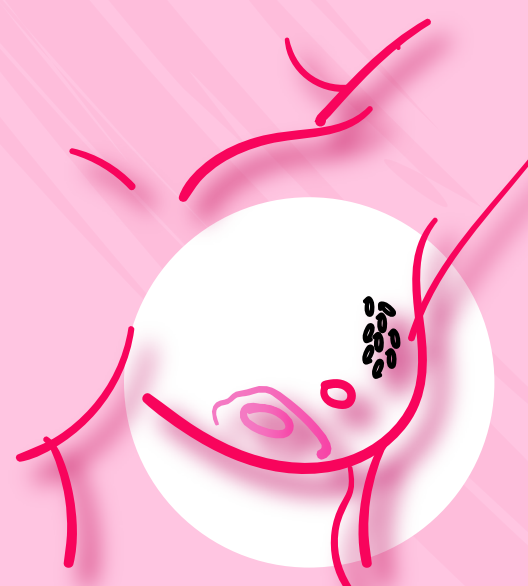


Circles

04

05

Lookout for change in size, shape, skin colour, dimpling or texture



Feel for lumps

06

07

Look for nipple deformation and squeeze for any unusual discharge

