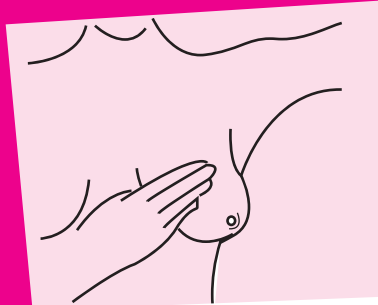


## 2 FEEL

How to detect changes in your breast?



- A**
- Check both breasts
  - Use fingers to examine any lumps or thickening



- B**
- Move your fingers around your breasts including nipples and armpit
  - Do this while lying down or in the shower using soap

## 3 RESPONSE

Get immediate treatment if there are any symptoms of breast cancer.



**Make Sure  
You Are  
OK!**

**SIMPLE  
STEPS FOR  
BREAST CANCER  
EARLY  
DETECTION**

# Breast Examination

Breast cancer can be prevented if it is detected and treated at an early stage. Followings are ways to detect cancer :



## SIMPLE STEPS FOR BREAST CANCER EARLY DETECTION

### 1 BREAST SELF EXAMINATION (BSE)

- Perform BSE once a month.
- BSE can be done a week after menstrual cycle or on the same date every month for menopause women.

### 2 MAMMOGRAM

- Go for mammogram screening.
- Mammogram can detect breast cancer at an early stage that is before the growth can be felt.
- It is also effective to check the status of your breast's general health.

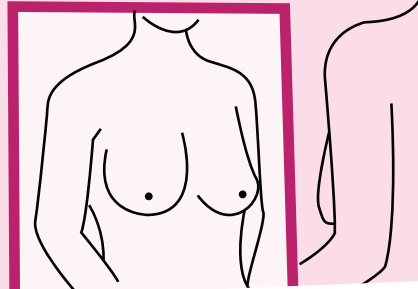


### 1 LOOK

Look at any changes on your breast. Look if there are any symptoms of :

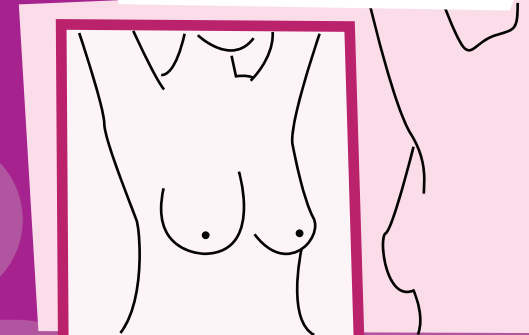
- Changes in colour and texture
- Changes of breast shape and size
- Abnormal nipple discharge
- Continuous pain in breast
- Feel any growth or lumps in the breast

TURN TO THE RIGHT AND LEFT during the examination



- A**
- Take off your clothes down to the waist
  - Stand up right in front of a mirror
  - Place your arms by your sides

- B**
- Raise both hands above your head



- C**
- Place your hands on your waist and push forward your elbow to tighten the muscles of your chest

