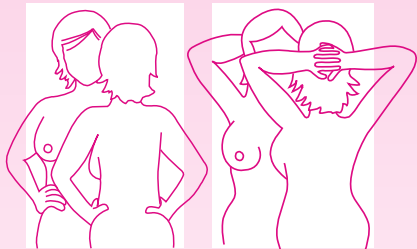


# Monthly Breast Self-Examination (BSE)

7-10 days from Day 1 of menstruation  
After menopause, fix a same date every month.

## 1. At the Mirror



In each of the following positions:

- Place your arms by your side
- Place your hands behind your head
- Press your hands firmly on your hips

Turning from side to side, look for changes in the:

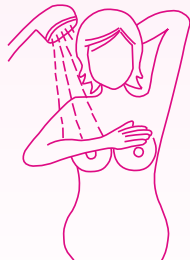
- Size and shape of the breasts
- Appearance of the skin (eg. dimpling)
- Nipples (eg. rashes, discharges)

## 2. Lying Down

- Use the middle 3 fingers of your right hand, with the pulps of your fingers examine your left breast.
- Press on breast firmly and move fingers in a small circular motion to feel for lumps or thickening.
- Starting from the outer edge of the breast, move around the breast to complete a circle.
- Without lifting your fingers, glide your fingers inwards and continue the circular motion in smaller circles, moving towards the nipple.
- With firm pressure, press down to feel beneath the nipple and check the left armpit in the same circular motion.
- Check the nipple for discharges.
- Repeat these steps using your left hand to examine your right breast.



## 3. During Shower



- Raise your left arm and place your hand behind your head.
- Check your left breast with your right hand as described in the “Lying Down” position.
- Repeat these steps using your left hand to examine your right breast.

**\*Report any lump, discharges or changes to your doctor or nurse immediately.**

**Cancer Helpline: 6225 5655**