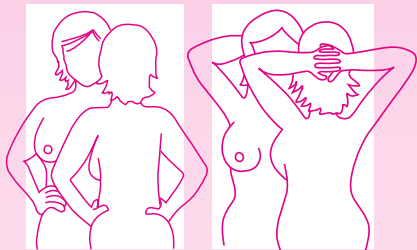


Monthly Breast Self-Examination (BSE)

7-10 days from Day 1 of menstruation

After menopause, fix a date once every month.

1. At the Mirror



In each of the following positions:

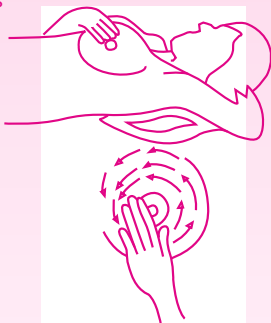
- Place your arms by your side
- Place your hands behind your head
- Press your hands firmly on your hips

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, to 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 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



National Cancer
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