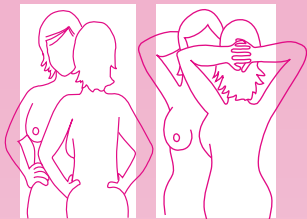


Monthly Breast Self-Examination (BSE)

7-10 days from Day 1 of menstruation

After menopause, fix a same date every month.

1. In front of the mirror, LOOK for changes



First, with arms by your sides.

Next, with arms raised above your head.

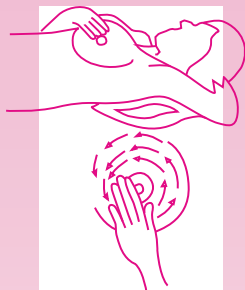
Finally, with hands pressed firmly on your hips and chest muscles contracted.

In each position, turn slowly from side to side and look for:

- Change in size and shape of your breasts
- Appearance of the skin (eg. dimpling)
- Nipples (eg. rashes, discharges)

2. Lying down, FEEL for changes

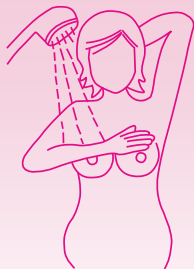
- Put a small pillow/ folded towel under your left shoulder.
- Place your left hand behind your head.
- Use the middle 3 fingers of your right hand, with the pulps of your fingers examine your left breast.
- Press on breast firmly and move fingers in small circular motion to feel for lumps or thickening.
- 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.
- Look for bleeding or discharge from the nipple.
- Repeat these steps using your left hand to examine your right breast.



3. In the shower, FEEL for changes

- 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 such as redness or swelling to your doctor or nurse immediately or call the Cancer Helpline at 6225 5655.*



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