

by women themselves? And that the earlier breast cancer is detected, the better the chance of complete cure?

Of course, most lumps or changes are not cancer. But you can help safeguard your health by making a habit of examining

you're no longer menstruating, on any given day. And if you notice anything changed or unusual — a lump, thickening or discharge — contact your doctor right away.

how to examine your breasts

how to look for changes

Step 2
Raise your arms above your head and repeat the examination in step 1.



Step 1

Sit or stand in front of a mirror with your arms at your sides. Turning slowly from side side, check your breasts for:

- changes in size or shape
- puckering or dimpling of the skin
- changes in size or position of one nipple compared to the other

Step 3

Gently press each nipple with your fingertips to see if there is any discharge.



how to feel for changes

Step 2
Imagine that your breast is divided into four quarters.



Lie down and put a pillow or folded bath towel underneath your left shoulder. Then place your left hand under your head. (From now on you will be feeling for a lump or thickening in your breasts.)

Step 4

Now do the same for the lower, inner portion of your breast. You may feel a ridge of firm tissue under your breasts, if your breasts are larger than average. Or, if you are thin, you may feel a rib through your breasts. This is perfectly normal.



Step 3

With the fingers of your right hand held together, press firmly but gently, using small circular motions to feel the inner, upper quarter of your left breast, starting at your breastbone and working toward the nipple. Also examine the area around the nipple.

Step 6

With your arm still down, feel the upper, outer part of your breast, starting with your nipple and working outwards.



Step 5

Next, bring your arm down to your side and feel under your left armpit for swellings.

Step 7

Finally, with your arm still down, examine the lower, outer quarter in the same manner.



Step 8

Now place the pillow under your right shoulder and repeat steps 1-7, this time using your left hand to examine your right breast.