

BREAST CANCER AWARENESS MONTH



A **Breast Self-Examination (BSE)** takes only 10 minutes of your time, you only need to do it once a month and it could save your life.

From the time your breasts start developing, you should perform a monthly BSE, approximately one week after your period.

If you no longer menstruate, pick the same day each month and follow the simple procedure below.

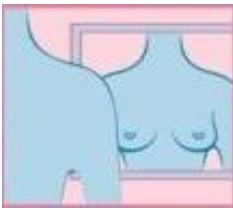


In the shower

While taking a shower or bath, explore the breast and underarm areas with your fingertips. Raise one arm, placing your hand behind your head.

Slowly and methodically move your fingertips over the whole breast in a circular pattern.

Don't forget to feel the armpit and nipple areas. Repeat on the other breast with your opposite hand.



In front of the mirror

Raise your arms above your head to check for changes in size, shape and contour of each breast. Notice if there is any nipple discharge.



Lying down

Lie down with your arm tucked behind your head. With the other hand and with your fingertips flattened, feel the opposite breast.

Slowly and methodically move the pads of your fingertips over the breast in a circular pattern.

Don't forget to feel the armpit and nipple areas. Repeat on the other breast.

For more information, visit the CANSA website
www.cansa.org.za