

**Some warning signs of breast cancer are:**

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.



JAN	FEB	MAR
APR	MAY	JUNE
JULY	AUG	SEPT
OCT	NOV	DEC

When you have completed your breast exam for the month, tick the appropriate circle.



For more information, visit your nearest health centre or call 112. 📞

**KNOW  
YOUR  
BREAST**



Issued in the public interest by  
Ministry of Health

# KNOW YOUR BREAST

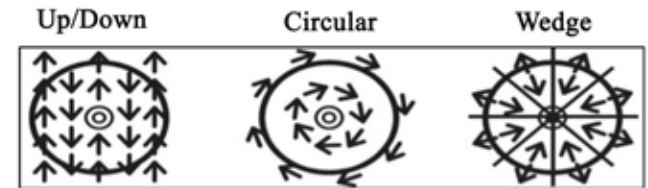
Adult women of all ages are encouraged to perform self breast examination at least once a month.



## STEP 1:

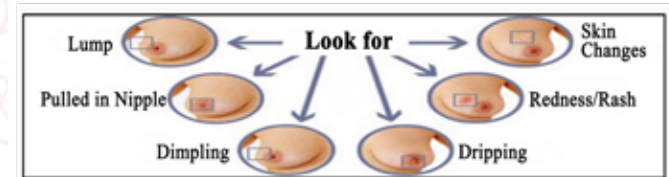
Lie down and put your left hand under your head. Use your right hand to examine your left breast and vice versa.

With your three middle fingers move gently in circular motions over entire breast checking for lumps and thickening.



## STEP 2:

Look at both the breasts while standing in front of a mirror with hands on the hip and look for any changes in size (small variation in size is normal), shape, swelling and dimpling of the skin.



## STEP 3:

You can feel your breast while you are sitting or standing.

Many women feel comfortable to feel their breast while in shower so that the skin is wet and slippery and easy for examination.



## STEP 4:

Put your arm over the head and gently squeeze each nipple and look for any abnormal discharge coming out of the breast.



If you discover a persistent lump in your breast or any changes, visit nearest health centre immediately