

# CHECK YOUR BREASTS IN 3 SIMPLE STEPS

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Conducting a breast self-examination should be done once a month. Regular checks will help you become familiar with the usual look and feel of your breasts, and makes it easier to notice any changes early. Remember to check your breasts in both the standing and lying positions, using one hand to check the opposite breast.

## STEP 1: LOOK!



**HANDS AT SIDE!**

Stand in front of a mirror with your arms resting at your sides. Look for:

- Skin changes like dimpling or puckering
- Colour changes in the skin

## HANDS ON HIPS



Place your hands on your hips, press down firmly and check:

- Changes in breast shape
- Visible lumps



**HANDS UP HIGH!**

Raise your arms above your head to check for puckering, dimpling or other skin changes.

## STEP 2: FEEL!

USE THE PADS OF YOUR MIDDLE 3 FINGERS OF YOUR OPPOSITE HAND!



START AT THE OUTER EDGE MOVING INWARDS TOWARDS THE NIPPLE



LIGHTLY SQUEEZE THE NIPPLE

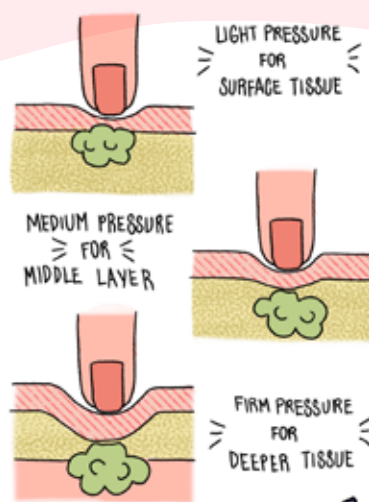


TO CHECK FOR DISCHARGE!

Use the pads of your middle three fingers from the opposite hand to feel your breasts in a circular motion.

- Start from the outer edge and move inwards towards
- Check behind the nipple and near the armpit.

Lightly squeeze your nipple to check for fluid or discharge.



## STEP 3: CHECK!

FOR ANY UNUSUAL THICKENED AREAS OR LUMPS

Feel for any unusual thickened areas or lumps by applying different levels of pressure:

- Light pressure for surface tissue
- Medium pressure for the middle layer
- Firm pressure for deeper tissue

Repeat these steps for the other breast.

**Regular breast self-examinations can help you detect changes early. If you notice anything unusual, consult your doctor promptly.**

## 4 WAYS TO MAKE BREAST SCREENING MORE COMFORTABLE

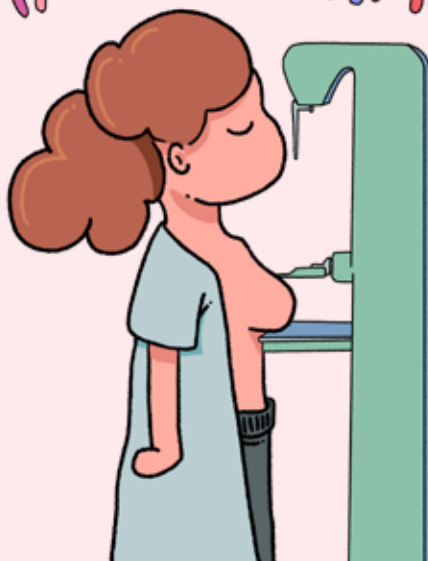
TAKE A PAINKILLER



BREATHE DEEPLY & STAY RELAXED!



MAMMOGRAM



LET THE RADIOGRAPHER KNOW IF YOU FEEL ANY DISCOMFORT!



SCHEDULE YOUR MAMMOGRAM ≥ A WEEK AFTER YOUR MENSTRUAL CYCLE!

