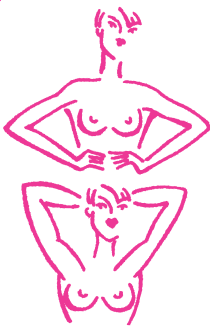


Do BSE Once A Month, 7 To 10 Days After The Start Of Your Period!

A Breast Self Examination once every month could save your life!



At The Mirror

At each of the following positions:

- Arms at your sides
- Arms raised above or behind your head
- Hands on hips and chest muscles tensed

Look out for:

- Any change in size or shape of breast
- Any dimpling of the skin
- Any change in appearance of nipples
- Any discharge from nipples
(by squeezing gently) ?

Lying Down

- Place pillow under left shoulder with left hand under head
- Use middle three fingers of right hand (hold fingers flat) to check left breast
- Press firmly, using small circular movements to feel for lumps
- Start from outside edge of breast, going inwards in circles
- Check entire breast, armpit and behind nipple
- Repeat these steps using left hand to check right breast



In The Shower

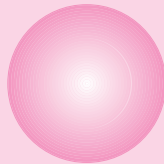
- Raise left arm behind head
- Soap right hand and check left breast as described in "lying down position"
- Repeat the steps using the left hand to check right breast

• **Size of Tumours** •
Breast Cancer Foundation – Your Breast Friend

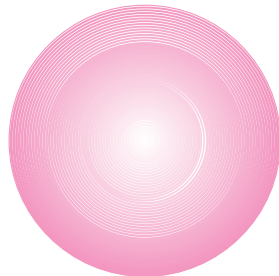
Average Lump Size (1.1cm)
found by getting regular mammograms



Average Lump Size (2.1cm)
found by women practising regular
breast self-examination



Average Lump Size (3.6cm)
found by chance



**If you discover any change,
please do not let fear overcome you.
Consult a doctor immediately!**

**If you need more information or are interested to make
a donation or volunteer your service, please contact:**



**BREAST CANCER
FOUNDATION**

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E-mail: enquiries@bcf.org.sg • Website: www.bcf.org.sg

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